Chichester Herald

Friday 24th May 2013
YOUR FREE WEEKLY NEWSPAPER

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Ground control to Major Tim

>> *Chichester astronaut to go to International Space Station*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

A CHICHESTER MAN will be the country's first "home-grown" astronaut after he was confirmed as one of the crew to fly to the International Space Station (ISS).

Major Timothy Peake, 41, has spoken of his excitement at being chosen as one of those heading to the ISS in two years' time. The Chichester-born and based astronaut was selected from more than 8,000 hopefuls to take part in the mission, expected to last five months. The European Space Agency [ESA] is expected to release full details later.

Major Peake described his appointment as a "true privilege".

"It feels like a real high point in a long career in aviation", he said.

"I am really grateful to my family, friends and professional colleagues who are supporting me as I prepare for the challenge that lies ahead.

"The mission to the International Space Station is going to be a wonderful opportunity, not just for Europe and European science but the UK as well."

It is hoped Major Peake, who tweets with the handle astro_timpeake, could even match the popularity of David Bowie fan, Commander Chris Hadfield.

Cdr Hadfield, from Canada, was his country's first professional astronaut, but gained a legion of fans on the Soyuz space capsule mission to and from the ISS by performing a cover of the Bowie classic, Space Oddity. He now has close to one million followers on Twitter.

In a jokey reference to Cdr Hadfield, he said: "I do play the guitar, but very badly, and I wouldn't inflict my singing on anybody."

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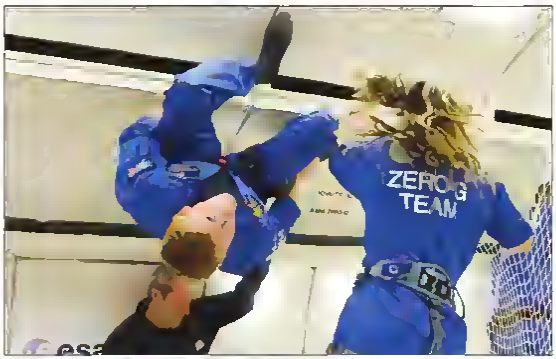

Major Peake describes [illegible] as a "true privilege"

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SEE PAGE 16 FOR MORE INFORMATION

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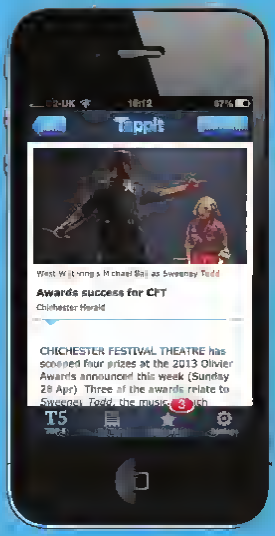
Tappit
Awards success for CFT
Chichester Herald
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr) Three of the awards relate to
T5

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Local News

Wittering keep flag as Bognor lose out

Wes Witte ng bea h wil again be a popular destination if the ...mmer ...ther arrives!

WEST WITTERING beach has again been recognised with a national award but several times award winner Bognor Regis are one of 24 to lose their status this year

Tough new EU rules have cut by nearly a third the number of English beaches getting the top environmental award

Keep Britain Tidy gave 55 beaches coveted Blue Flag awards which signify that they meet the EU's highest water quality standard

But that is markedly down on the 79 awarded last year, when there was less strict criteria

Bognor's missing flag has been blamed on last year's non-stop wet weather combined with a change in the rules for the water quality standard But they have picked up one of 113 new Seaside Awards

But West Wittering beach, owned by the West Wittering Estate are celebrating alongside the likes of Kent's Isle of Thanet, which has the most Blue Flags – eight between Birchington and Broadstairs

The Poole and Bournemouth area of Dorset has four, as do the Isle of Wight and Torbay in Devon Other Blue Flag beaches include Whitley Bay in the North-east, Skegness Lines , and Polkerth, Cornwall

Keep Britain Tidy said the Blue Flag this year required even stricter water quality standards But it said England boasts "some of the best and cleanest beaches in the world

It also awarded 113 new Seaside Awards, formerly Quality Coast Awards, for their facilities and clean house Some beaches hold both Blue Flag and Seaside Awards

Director Richard Mellwaine said "It is fantastic news that 147 places will be flying a flag that guarantees the public the best facilities and the cleanest beaches this summer"

Boy finds lost photos while building sandcastles

A YOUNG beachgoer has delighted a mother-of two who thought her precious baby photos had been lost forever after digging up her memory card on a day out at West Wittering beach in West Sussex.

Jake Holdaway, seven, was building sandcastles at the popular seaside location when he came across a card containing 270 images

His father Wesley then set about using the internet to track down the owner and struck gold after noticing that a boy - Jacob, six - in the photo was wearing a Brighton school jumper Mr Holdaway phoned the school and they were able to identify the Jacob's mother as Michelle Palmer

After receiving the memory card in the post, Miss Palmer said "It must have blown away in the wind because it was so windy and I was really gutted When I received the pictures it made me feel so happy and relieved"

Continued from page 1

Major Peake praised Cdr Hadfield for the "fantastic job" he had done "I don't think I'll be able to top the tweeting, but I will also be tweeting, to encourage a generation to take an interest in space"

Major Peake, a test pilot in the Army Air Corps, was one of six Astronaut Corps recruits chosen by the ESA in May 2009. He is currently the only Briton to have been accepted into the European Astronaut Corps

The first Briton in space was Sheffield born chemistry graduate Helen Sharman in May 1991 She took part in the Soviet mission Project Juno spending eight days conducting scientific experiments at the Mir Space Station

Huge financial costs meant that Britain has in the past rejected the notion of manned space flights A handful of Britons have flown on the US space shuttle, but there have been no "home grown" UK manned space missions

In a statement, Prime Minister David Cameron described Major Peake's appointment as a "momentous day for Great Britain"

"It is a great sign of our thriving British space sector which has seen real growth thanks to our world-class research, and now supports nearly 30,000 jobs

"What an achievement that Tim was picked for the historic role from over 8,000 applicants from around the world I am sure he will do us proud and I hope that he will inspire the next generation to pursue exciting careers in science and engineering"

Lift off to the space station would be from Kazakhstan in a Soyuz rocket The flight is expected to take place in November 2015

Let us know what you think

@chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

According to Bede the name Selsey is derived from the Saxon Seals-ey and can be interpreted as the Isle of Sea Calves (sea calves are better known as seals)

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@heathermclinden
"Saturday night can't come any quicker, not been out in way too long #girlsnight #chichester"

@3SussexWriters
"It's Adult Learners' Week at Chichester College and there's a free book talk on Friday"

@LizzieRees
"In Chichester with my Mumma @Linds_Rees to watch The Pajama Game! She screamed when I told her Hadley Fraser was in it!"

@RealMattLucas
"Can't get over how brilliant @HadleyFraser is in The Pajama Game in Chichester. Even funnier than his Javert."

@MynadEditions
"Don't miss Mynad author @IsabelAshdown at Chichester College on Friday for a free book talk and Q&A"

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The man behind the counter was caressing

Tommy Boyd

ETERNITY
John Paul Sartre wrote a play about hell in which you end up stuck for eternity in a waiting room with several awful people. If he'd been a balanced man, he'd have written a companion play about heaven, which is where you end up stuck for eternity in somewhere like Game Set and Match, the sports goods shrine on the Portfield estate.

LUNCH
Breakfast is almost dead for most of us on "diets", and lunch is going the same way. There are plenty of businesses in Chichester where everyone is "at lunch" from 1.00pm-2.00pm, but the folk aren't lunching, they're doing little jobs like sorting household bills or collecting their specs from the opticians. The only people who truly lunch are the Chichester ladies who drop off their children at school, have a quick Pilates, and then their hair layered before a glass of white wine and a slice of pizza with pals. Top Ho!

WINDOW SILLS
Chichester window sills are divided exactly into two camps. Those where the ornaments face into the room, and those where they face out. The psychology of this beats me, but there are a number of living rooms with busts of the old Queen and Churchill facing me as I walk by, and a number of plates with the patterns facing outwards too.

GAME SET AND MATCH
There are only a few greater simple pleasures than wandering around a shop where you can't find anything you don't want to buy. The man behind the counter was caressing an old cricket bat, back from the grave using some sort of voodoo baton. It was working. He took time out to tell us he'd wished the city centre shops were thriving despite his business needs, because we need high streets. We gravely discussed England's middle order, as all men should, all the while in the shadow of a cricket net where you could try out bats until you found the one God made specifically for you. Bliss.

WINDOW SILLS 2
The most common ornament seems to be a sailboat, 'round here anyway. Probably not once you get further north than Levant.

SPRING REDECORATING
Maybe it's just the school railings where I drop off and collect a school child, but there seem to be a lot of women at the top of ladders painting, or cadging wallpaper steamers off others. We used to have spring cleaning. It's like everything else these days, it's been ratcheted up.

COFFEE IN CHICHESTER
You can't move for coffee shops. Do we really crave it that much? They say if caffeine was only discovered today it would be banned. It shouldn't be served in pubs. Nor should food actually. You should only be able to get beer and crisps. A solitary individual pie should be kept under a well-lit plastic hood. My point is I like pubs that smell of beer, fags even, not of school dinners.

JOKE
Who conquered most of Asia and almost Europe too, for their precious worms? Attila the Hen.

Let us know what you think @chiherald

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Distribution locations include: Tesco, Sainsbury's Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Ch chester College plus **314 newspaper stands** n the area. Chichester Herald is also n all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area, including industrial estates and the outskirts of the city.

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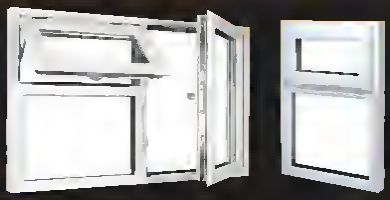

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Man convicted of murder

A MAN has been convicted of murdering a fellow Romanian, Tanu Sugaup, in a late night incident at a former plant nursery at which they had been staying in Batchworth, near Chichester.

Gheorghe Bodea, 55, who pleaded not guilty, was convicted at Lewes Crown Court by a majority verdict by the jury on Wednesday 22 May after a four week trial. He was sentenced to life imprisonment and ordered to serve a minimum of 15 years before he can be considered for release.

Sugaup, 45, who comes from Tulcea in Romania, was found stabbed to death in a plant nursery area off Almodington Lane, between Chichester and Bracklesham, when police were called to the location at 12.20am on Boxing Day, Sunday 26 December 2010.

Bodea, who also comes from Romania and was living in a mobile home at the location, was arrested there soon afterwards.

A post mortem found that Sugaup who had been staying at an address in Bognor High Street since his arrival from Romania earlier in December 2010, had died from multiple stab wounds to the chest.

Detective Superintendent Nick Sloan, who as a Detective Chief Inspector with the Surrey and Sussex Major Crime Team investigated the case, said: "This was a tragic case in which two friends evidently fell out for some reason after a Christmas night drinking bout. Mr Sugaup was stabbed 15 times in the chest and back.

He had arrived in the UK just weeks

earlier to earn more money to help support his family, and arranged to stay with Bodea who was already here. The pair had permission to be on the disused site to help prevent theft and to do odd jobs. Mr Sugaup then moved to a flat in Bognor, and was visiting his friend for Christmas.

"We may never know exactly what caused this vicious attack but it has cost a man his life, and deprived a wife and daughter in Romania of a loving father. Our thoughts are with his family, who gave evidence at the trial by video link from Bucharest. Two of our officers flew out there to liaise with Romanian authorities and to make the video link arrangements

Motorbike destroyed in Southbourne arson attack

A MOTORBIKE was destroyed and the outside of a house damaged in an arson attack in Southbourne in the early hours of Tuesday morning (May 21).

Police were alerted to the fire in the garden of a semi-detached house in Main Road by firefighters at 3.20am.

Detective Constable Ellie Hughes said: "The fire was extinguished and no-one was injured, but the motorbike was destroyed in the blaze and there was damage caused to the front windows, front door, and walls and guttering of the property. The fire also damaged a gas meter and melted piping which caused a gas leak.

"A number of people are known to be in the area at around midnight and we would urge anyone to come forward if they saw anything."

Anyone who may have witnessed any suspicious behaviour or has any information is asked to contact Sussex

Police on 101 quoting serial 121 of 21/05. Alternatively, contact the independent charity Crimestoppers anonymously on 0800 555 111.

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200-year-old skeleton found by boy on West Wittering beach laid to rest

Young Sawyer Clarke-Smith and [illegible] mark the [illegible] resting place

A 200-YEAR-OLD skeleton discovered by a seven-year-old on a beach has found a new resting place

Seechcomber Sawyer Clarke-Smith found a 200-year-old human skull in the sand at West Wittering when out walking with his grandparents

Experts from Chichester District Council believe the skull might be that of a French mole prisoner, or a soldier at the Battle of Trafalgar in 1805

The skeleton has now been buried in the churchyard of St Peter and St Paul in West Wittering during an interment service attended by 8oth primary school pupil Sawyer

James Kenny, archaeology officer at Chichester District Council, said "These prisoners of war were kept in hulks (old warships) moored around the coast.

"Those who died would be buried in the mud often with little ceremony, as the local authorities would not want to pay for elaborate funerals."

Club donates £1,500 towards Cycle Scheme!

David Hilditch [illegible] Michelle McKinley Bell and [illegible]

THE ALDINGBOURNE TRUST recently received a generous donation from the Rotary Club of Chichester Harbour. David Hilditch, President of Rotary visited the Aldingbourne Country to present a cheque for £1,500 to client Paul Dunn and Michelle McKinley Bell, the Trust's Enterprise and Development Manager.

Members of the Rotary Club of Chichester Harbour agreed to donate the money towards a new initiative based at the Country Centre - a Cycle Hire Scheme. The Trust is currently developing a project to provide cycles for hire so that visitors can enjoy the local countryside more readily. Visitors could hire bikes and choose from a variety of cycle routes around the local area, some of which will be within the South Downs National Park. The Trust aims to link with the local community and source bike donations which would be maintained by adults with learning disabilities at the Country Centre. David Hilditch said "The Rotary club of Chichester Harbour is delighted to have had the opportunity to support this exciting adventure which will support adults with learning disabilities and also be a positive service for the local community."

Enterprise and Development Manager, Michelle McKinley Bell said "We are very grateful to the Rotary Club of Chichester Harbour for supporting this new venture and we look forward to developing the project."

The Aldingbourne Trust is an enterprising charity, based in West Sussex, who supports adults with learning disabilities to develop their skills which will enable them to live independently and find employment. If you are interested in finding out more about the Trust please visit www.aldingbournetrust.co.uk

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Student recalls Boston Marathon memories

A POSTGRADUATE student at the University of Chichester has been recounting his experiences of this year's Boston and London marathons.

Ben Evans, one of the University's Gifted Athlete Scholars, is studying for an MA in Creative Writing but spends much of his time training for and running in long-distance races.

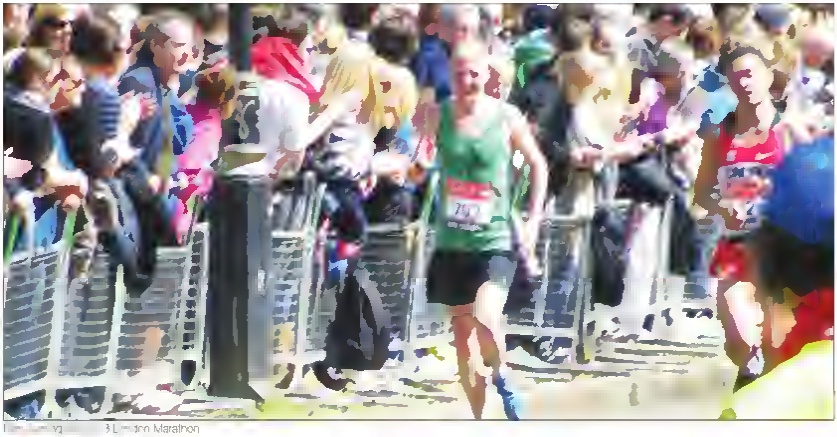
Ben was one of thousands who entered the Boston Marathon and was caught up in the chaos that followed the two explosions near the finish line.

Having finished with the elite runners in two hours 37 minutes, making him the third fastest Brit in the race, Ben went to have lunch close to the finish line in a hotel restaurant.

He says: "You kind of knew what it was straight away. When we heard the second one we knew something was up. We saw people running outside the window of the restaurant."

Ben and his family were kept inside the restaurant for an hour as the FBI and army dealt with the aftermath of the attack. When they were finally allowed to leave, Ben was faced with the challenge of navigating his way back to his hotel amid the pandemonium.

"I ran through the centre of Boston and I was taking small residential roads trying to avoid tourist areas as I thought they were most likely to be targeted. Those two hours were incredibly traumatic and horrible."



Ben Evans (centre) at the 2013 London Marathon

Undeterred by his experiences in Boston, Ben went on to compete in the London Marathon a mere days later.

He says: "Compared to the post-race events at Boston, running, competing and pushing myself to the limit seemed unimportant when considered in the bigger picture. When we all stood for the 30-second silence at the start, my thoughts were taken directly back to Boston, and the eerie memento shocked silence after the first bomb went off.

"However, as soon as we started, and the amazing London atmosphere resonated over Shooters Hill, I felt even more energised, and desperate to do well.

"It was only towards the finish that the bombings came to me, the associations were right there – the finish, the clock, the crowds in the stands. I was happy with the performance but felt unnerved hanging around to celebrate again. It did feel quite right: I received my medal, met up with my family and went home."

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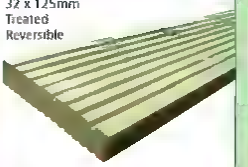

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Heels help raise money for St Wilfrid's hospice

FIFTY-SIX lovely ladies donned daring dresses, super stilettos and wonderful wigs for St Wilfrid's Hospice's third Hike in Heels on Sunday, 19th May.

Starting from Market Road, our bevvy of beauties tottered their way along East Street in all their finery, surprising many shoppers who gave generously to our street collection.

Participants included members of the Chichester Neighbourhood Policing Team dressed as nurses, Andrew Waters of Covers in Chichester and the owners of hair salon Bunby and Blue. Steve Parsons, who works for the CFS, shaved his beard off for the first time in 30 years especially for the event.

The day began at Chichester Rugby Club where our blokes transformed themselves into dames, although many arrived in full character! Fitness instructor James Gill then led a colourful and entertaining warm up session covered live by Spirit FM, with the ladies practising their walk to the sounds of Jessie J.

Thanks to Stagecoach, our gorgeous gals were then transported into the centre of the city by double decker bus, with driver John Jarvis really entering into the spirit of the day and wearing a bright red wig and dress.

After arriving in the city, the hard work began, with some of our ladies wearing heels too high for most other girls! While keeping their outfits and hair in check they also had to carefully negotiate cobbles and crossings. A team called Bobbie Beauties even turned into town criers at the Cross, telling people how they had dressed for shoppers' amusement, and inviting people to donate and make St Wilfrid's a happier place.

After their mile-long walk, the girls gathered for a pie and pint with friends and family back at the rugby club and nursed their toes!

A number of spot prizes were also awarded:

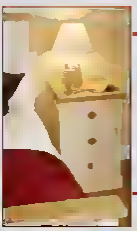
- Best Dressed: Darryl White
- Best Accessories: Steve Parsons
- Highest Heels: Nick Fasone
- Best Make-up: Jason Lemm
- Hairiest Legs: Toby Young

Communications and Events Manager Jill Dennison, said: "Our ladies were very brave, as girls understand that it's not easy braving great and walking in heels, and our honorary women did a fantastic job of filling our shoes! It was a wonderful day, and certainly added a lot of colour to what was a very grey day weather-wise.

"Huge thanks go to everyone involved in making the day such a success, and to our volunteers for helping the day run smoothly. We hope people in the city enjoyed the spectacle, which is of course in aid of a very worthwhile cause and thank you to everyone who donated.

"All the girls have been raising sponsorship, which will enable us to continue providing specialist palliative and end of life care. Our catchment area runs from Emsworth to Arundel and at any one time we care for 200 people in the community. Money raised will help us to continue providing our services to people free of charge."

BANK HOLIDAY WEEKEND SALE
UPTO 50% OFF SELECTED ITEMS



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Date: Saturday 8 June 2013

Time: 9.00am - Midday

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Thanks for the Memories

Gracie Cliffe

TODAY is my last day of high school. After this I come in for the odd final exam and de farewell and then that's it. Something that has defined us for so long – school – is finally coming to an end. It's been a long 12 years of pushing through parents evening, tests and falls outs and has seen me go through the changes from teacher's pet, through a slightly rebellious year, to just trying to make it through the last few months.

When you're feeling reminiscent and look back over the past year, it's always clear how much some things have changed. But try looking over 5 years of high school. For me it has been a stream of questionable skirt lengths, hair styles and decisions. But it has made me think about how I'm going to remember my time at Chichester High School for Girls, and how I'm going to be remembered.

I think the thing that makes me so happy, as cheesy and typical as it may be, is the friends I've not only kept but have made. Sure I've lost some people along the way, but I still have the same best friend I had in year 8 and am surrounded by the most genuine and caring group of friends.

And all the experiences I've had which I might not have got at another school. I got to go to Italy and see some of the most beautiful sights in the world with my best friends. All the lessons spent dancing on tables, running around with splints of fire and gossiping about attractive teachers.

But it doesn't just come down to what I'm going to carry with me, it's about how I'm going to be remembered. I hope that people will look over the poor fashion choices and suck up behaviour of my first year and remember me as the girl who loves twilight, loved her physics teacher a bit too much and never stopped talking.

So even though I've spent endless hours moaning about the work load, I am sad to see this chapter coming to an end. But I know that I am taking friendships with me and ultimately I am ready to start a fresh and take on new challenges. It may be scary and unknown, but here's to the year ahead!

Let us know what you think

@chiherald

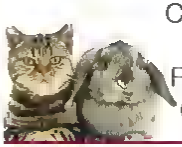
School and Club raise money for Chloe

FOR THE LAST couple of weeks Chichester High School for Boys have been collecting money so that a local girl can have a life changing operation. Chloe Humphrey is 17 and has cerebral palsy. She has never walked properly in her life.

Chloe has now had an operation at the base of her spine about 2 weeks ago. The result is she is now able to straighten her legs for the first time and with physiotherapy will be able to walk normally for the first time in her life.

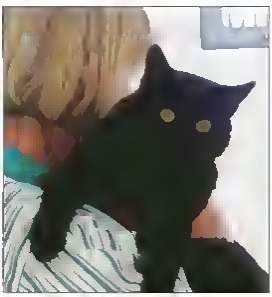
On the 18th and 19th May, CHSB and Bognor Regis Cycling Club held a couple of cycling events. The events and collections raised £3,500 towards the operation.

Can you give a home to a 'pair'



Cat and Rabbit Rescue Centre

GOOD NEWS: FLYNN & ARNIE; FENELLA HAVE HOMES. DON'T FORGET! SAT 25TH CAT HOMING 12-2PM SUN 26TH RABBIT HOMING 2-3.30PM OR BY APPOINTMENT.



Can you give Russell a home?

DUE to behaviour experience people talk of adopting a single cat, but the play and entertainment of a companion pair enhances pet ownership, and gives your cat company when you are out. So if you have the accommodation and resources please consider offering one of our young 6 month to 1-year old pairs waiting for a home, from late last summer/autumn. For these cats going to a home with their pre-mate will make settling easier.

Young neutered pairs

- Denzil, black and white & black Murphy are friendly brothers
- Stone & Tickle affectionate (9 & 6 month old) black female friends
- Kings & Lima...friendly black & white male and female
- Owen and Reggie very playful, fun, black brothers.
- Amber, black and white & black Peter, born at rescue last October
- Russell, a fluffy black with grey tail and sister Lynette, a smooth green eyed black.

The Rescue asks for a minimum donation of £45 for each neutered cat which includes vaccination, microchip, and Petplan Vet insurance for 4 weeks.

Visits by Appointment 7 days a week, except for Running Day Sessions when reservations can be made pending satisfactory pre-home visit.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.carre.co.uk. Tel: 01243 641409.

A letter from Bristol

Chloe's New Legs

I'M COMING HOME! By the time you read this I hope to be cuddled up on the sofa at home enjoying a cup of tea. My walking has come on leaps and bounds (almost literally!) so my physiotherapist is sending me home a few days earlier than expected. I can't wait to sleep peacefully in my own bed (without poorly little children crying all night), enjoy home cooking (the hospital food was dire) and have a cup of tea whenever I want – the Children's Ward in Frenchay Hospital is a speciality but runs ant so you are not allowed any hot drinks.

I am so pleased with my new legs. It's amazing to be able to stand with my feet flat on the floor. But I must admit that the past few weeks have been difficult at times. It's an emotional business having a major operation and there are the side effects to contend with. Did you know that laughing can make your head hurt after spinal surgery? The surgeon tells me that this is normal and will ease soon. Here's a tip – don't go to see Iron Man 3 soon after this surgery! It's a hilarious film but you will pay the price for the hours.

We've got a lot to pack in the car for the journey home. I've had so many presents and cards that I need an extra suitcase. Simon James from Coast to Coast Cafe even sent me a huge jar of gherkins – he knows what I like!

I'd like to say a huge thank you to everyone who has supported me and given me my new legs, especially the team at Spirit FM. Can't wait to get home, see you soon.

Love Chloe.

Chloe's Guide. fundraising events:

- JAMES BOND CHARITY BALL 24th-25th May, is being held by the Dubzpac VW club at Purbrook Park School, Purbrook, Portsmouth as part of a fun weekend (24 & 25 May) that includes the chance to camp overnight. Tickets are just £10, free entry for children. There will be a raffle, an auction and games. A chance to thrill and make money for a great cause, bring your own alcohol or soft drinks. Food available from the Coast to Coast fish and chip van and from Giuseppe's ice cream van. For more details call Tony 07971405312 or email tracievoysey@hotmail.co.uk

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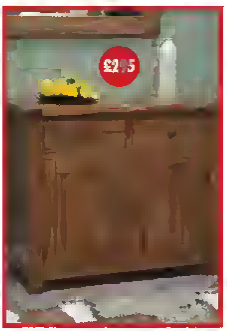

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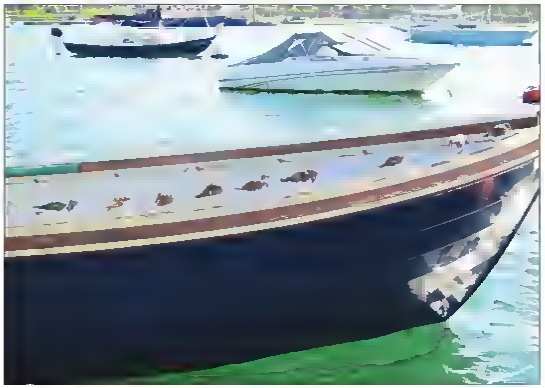
Chichester Harbour is looking healthy in 2013



CHICHESTER Harbour Conservancy has carried out a health check to find out how the Chichester Harbour Area of Outstanding Natural Beauty (AONB) is looking in 2013. The piece of work, called "The State of the AONB" showed that Chichester Harbour provides a tranquil and rural haven in the densely populated south coast. The report also highlights some of the challenges for this special area, including population growth, housing development and sea level rise.

Sian Cranny, Director of Chichester Harbour Conservancy said: "This work shows just how important Chichester Harbour is for local people and visitors to enjoy, and we are working very hard to conserve its special character for future generations."

The report will help the Conservancy to carry out monitoring of the condition of this protected landscape, and will underpin the new Management Plan for 2014-19. The State of the AONB report is available to download from the Conservancy's website at www.conservancy.co.uk

Goodwood joins forces with MTV Staying Alive Foundation

GOODWOOD Three Friday Nights, the horse racing and music event which takes place at the beautiful Goodwood estate in Sussex, is delighted to announce its new partnership with the incredible MTV Staying Alive Foundation.

MTV and Goodwood together urge all those joining the crowds for the uber-swanky event to make a £2 donation for each member of their party when booking tickets. Last year over 20,000 guests soaked up the unique experience at the Goodwood estate and organisers anticipate even larger crowds this year to help in raising much needed funds for this incredible charity which aim is to stop HIV before it even starts.

The MTV Staying Alive Foundation is dedicated to fighting HIV the smart way. They support innovative projects across the world in areas that need it most by funding the creative and ambitious young leaders that run them. Goodwood Three Friday Nights has come on board to support this fantastic charity and assist in their fund raising efforts.

Adam Waterworth, Director at Goodwood Racecourse said: "We are thrilled to be aligning with the MTV Staying Alive Foundation, not only to raise funds but also awareness for such a pressing cause. Goodwood Three Friday Nights is targeted at the youth of today making it the perfect synergy for Goodwood and MTV to come together. We are looking forward to one of the biggest Three Friday Nights yet in collaboration with our new charity partner."

Goodwood Three Friday Nights, situated in the parade ring at the Goodwood Racecourse in Chichester, takes place over three separate Fridays from May into June with amazing world renowned DJ sets spinning the decks on the most picturesque dance floor underneath the stars.

May 31st – Rudimental (DJ set)
June 14th – Groove Armada & Andy Cato
June 21st – Trevor Nelson (Radio 1)

Tickets for all Three Friday Nights are on sale now priced £25 in advance.

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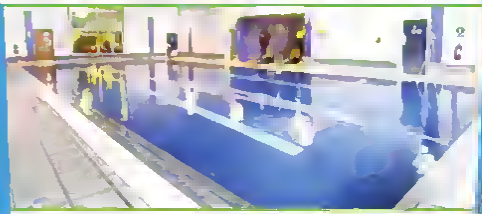

Whether your personal goal is to look good on the beach, feel more healthier or simply de-stress, Nuffield Health & Wellbeing Chichester is here to help you! For full details on our club facilities see our website at www.nuffieldhealth.com/chichester or contact us on 01243 788678. For full terms & conditions see www.nuffieldhealth.com/rewards. Nuffield Health Fitness & Wellbeing Centre Chichester, Chichester Gate, PO19 8EL. Tel 01243 788678

Wellbeing Facts
• 72% of members saw their health improve within 3 months of joining
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*Offer applies to the joining fee until May 31st. Limited spaces apply.

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Perhaps you have friends who would like to join you so that you can enter a team or club boat.

Our Dragon Boat Day raised thousands of pounds last year, all of which went to needy Rotary charities, and our our principal partner charity, **CANCERWISE**.

GET INVOLVED! RAISE MUCH-NEEDED MONEY AND HAVE THE TIME OF YOUR LIFE!

Young business stars win Sussex's Best Company of the Year award 2013

A TEAM of teenage entrepreneurs are celebrating after the business they set up in school was judged Sussex's Company of the Year in the Young Enterprise competition.

The Year12 students from Bishop Luffa School in Chichester scooped the top award, beating 43 other companies at the Chequer Mead Community Arts Centre in East Grinstead.

Their company Rise was set up as part of the Young Enterprise scheme which enables young people to set up and run their own businesses for a year.

The 16 – 18 year-olds created a successful business designing a new key ring for visually impaired people and also a range of chocolate products.

The idea of the "night rescue key ring" was inspired by the arrival of a visually impaired student to the school. The key ring is small and of high visibility with an etched shape on its surface which makes finding a key a less stressful experience. The key ring can be used by all people as the etched shapes are generic.

The county final saw the top six companies from St Leonards-on-sea, Brighton, Horsham, Eastbourne, Worthing, Haywards Heath and Chichester competing for the top award. Rise also scooped the Best Product/Service Award and the Best Trade Stand.

The Best Company Runner Up was Intertwine from Davison High School for Girls, Worthing. They also won the Best Presentation Award. Their products were a variety of fashionable products – socks, scrunchies and bracelets.

The students from Rise will now represent the county at the South East Regional Finals at Royal Holloway University on June 20th.

Blanca Tumblick, Business Enterprise Co-ordinator from Bishop Luffa said: "The Young Enterprise scheme gives many skills to our students including communication, team working and the chance of learning by doing. We are all very proud to have won the Sussex Young Enterprise finals and are really excited to progress to the next stage of the competition."

Madeleine Mills, Manager Young Enterprise in West Sussex said: "It was a wonderful evening where young people showed their enthusiasm for creating a business.

"The competition showed that we have some wonderful entrepreneurs who are showing that they have the skills to succeed in an ever changing world.

"All of the companies were winners as they had won their local area finals to get to this stage in the competition and our business judges were amazed at their professionalism and creativity. Well done to them all."

One of the judges, John Perdum from Champions Life Academy said: "Judging the county finals of young enterprise reminded me of the benefits of learning by doing. Practical learning is an essential part of student development and young enterprise is one of the best experiences around."

The audience included the High Sheriff of East Sussex, Graham Peters who said: "I really enjoyed the Young Enterprise awards evening and was overwhelmed by the energy the young people were putting into their companies."

Young Apprentice BBC Runner up Lucy Beauvallet and Doug Armstrong from World Coffee Club (an ex Young Enterprise Company Programme student) gave speeches to the audience which were stimulating and gave an insight into business as well as the Young Apprentice TV Show.

More than 650 15-19 year-olds have taken part in the Young Enterprise Company Programme in Sussex this year, receiving 43 companies and supported by volunteers from the local business community.

The students perform all of the functions of a normal business, including sales, marketing, finance, manufacturing and record keeping. They set up a bank account, sell shares in their company and produce a set of accounts. When the business is closed at the end of the school year they have to pay V.A.T. and Corporation Tax on any profits.

The scheme aims to inspire the next generation of entrepreneurs and prepare young people for the world of work.

Contented little babies

CHICHESTER [illegible] CENTRE

By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

MODERN living means that when a new baby is born, new parents often lack the support that their own parents and grandparents had in the early days. Being separated from family can be difficult, especially at a time when their advice and support are valued the most. With this in mind, it's easy to understand why mums and dads reach for parenting books which promise miracles at this hugely important (and often confusing) time.

Asking if a baby is "good" or if they are sleeping through can immediately strike panic into the heart of a new parent. Are they supposed to be "good"? What does that even mean? Should they really be sleeping more? When self-proclaimed parenting gurus offer to solve all your parenting dilemmas by page 50, it can seem a pretty attractive option! A sleep deprived and frazzled parent is easily persuaded by someone offering them a contented baby or the magical ability to 'read' their baby's personality type. Such books and websites are increasingly popular, but can also be extremely restrictive. They may demand that parents follow strict routines or rigidly structure feeding times- thus, they assure us will result in a predictable and settled baby. As a result, parents are fearful that deviating from their rules and routines will produce a demanding and wilful child.

The difficulty with these books is that they rarely take into account that parenting is not a one size fits all affair. All babies are individuals and their responses to these methods will differ hugely. All too often, baby is supposed to be sleeping at a time when they are having a marathon feeding session or parents are reluctant to wake baby from a nap for their scheduled 'play' time. In reality, the strict guidelines sometimes found in these parenting books can be unachievable and leave parents feeling exasperated and disempowered.

Of course, these books and their suggestions can also have some benefits. Routines can offer structure during the early days when the hours all seem to blend together and as they suggest, it really is never too early to begin a gentle bedtime wind down. This is certainly essential as a babyhood progresses into toddlerhood! Some of the hints and tips the books offer are also helpful when a new mum or dad is muddling through the day. What's important to remember is that as a parent or carer, you are the person most in tune with what your baby needs. No book can tell you more about you baby than you already know and there can never be a better guide than your own instincts. Rest assured that women all around the world manage to raise happy, well-adjusted children without the wisdom of these 'experts' by just following their babies lead. So, don't berate yourself next time baby falls asleep in your arms instead of self-soothing, just enjoy it- these moments are precious and pass all too quickly.

For more information or support with parenting, visit Chichester Nursery School, Children and Family Centre. Or phone: 01243 642950. Website: www.chichester-nur.w-sussex.sch.uk

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Bids open for share of West Sussex social enterprise funding

APPLICATIONS for grants from West Sussex County Council's Social Enterprise Fund have opened for this year.

Social enterprises are invited to bid for a share of up to £300,000 with ideas that benefit the county economy, community and environment.

These could include projects that meet health and wellbeing targets, or help local communities take a more active role in running services.

The deadline for submissions is Wednesday, August 21 at 5pm, with the recipients expected to be announced in October. Bids for more than £25,000 will be considered, but will only be supported in exceptional circumstances.

A social enterprise describes a business model where profits are reinvested and fulfil social objectives, rather than to maximise profit for shareholders and owners.

Examples of social enterprises include some co-operatives, social firms, community interest companies, some companies limited by guarantee or shares, and community enterprises.

To help applicants, West Sussex County Council, which also runs the West Sussex Social Enterprise Network (WSSEN), has arranged four free half-day information workshops.

These workshops will be run from 10am-12.30pm at:

- Crawley Library on June 5,
- County Hall, Chichester on June 6,
- Billingshurst Community and Conference Centre on 10 June,
- and Worthing Leisure Centre on 11 June.

Two free full-day workshops to help people develop their ideas, business plans and budgets will be held on July 2 at the Salvation Army in Comeda Grove, Bognor Regis, and on July 5 at County Hall North, Horsham. It is not compulsory to attend a workshop before applying.

One successful bid last year came from the Ferring Country Centre, which was awarded £30,000 to help set up a charity shop staffed by adults with learning disabilities.

The idea is for the wider community to see the capabilities of adults with learning difficulties helping to raise awareness of their abilities and dispel misconceptions. The hope is this will encourage more firms to employ adults with learning disabilities into paid work.

Another came from Worthing-based Blueprint 22, a project for 16-25 year-olds, who developed 'The Munch Box'. The project was awarded £27,500 to develop the skills of 10 young people to design and produce healthier alternatives to 'junk food', and then promote and advocate the benefits of their products to other young people.

West Sussex County Council's Cabinet Member for Finance, Michael Brown, said: "The Social Enterprise Fund is an important part of our strategy to improve the economy, community and environment of West Sussex.

"We want to see a variety of entries, and would encourage anyone interested to attend the workshops to find out more."

To book a place at any of the workshops email social.enterprise@westsussex.gov.uk, indicating the date and venue of the workshop you wish to attend as well as your contact details.

The Guidelines, Application Form and Financial Spreadsheet for the Social Enterprise Fund are available to download from www.westsussex.gov.uk/sef or www.wssen.org.uk.

For more details on projects funded by the SEF in 2012-13 please visit www.westsussex.gov.uk/sef

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Contact Home Choose Carpets on 01243 717577 for our Home Selection Service and free estimate for your new floorcovering.

Scholarship celebrations and Fantastic Forest Day launch at Great Ballard!

WHEN parents and guests turned up for the Forest School Launch day at Great Ballard, they were delighted to also be able to help celebrate the recent scholarship successes by the Year 5 pupils to their chosen senior schools as well as be part of the Forest School Launch and sample some Forest cooking and Forest skills.

Great Ballard has always been a school that has believed that pupils learn best by combining academic studies with lessons in Arts and Sports both inside and outside of the classroom and this year, "Our Magnificent 7" scholars gained 10 scholarships in Art and sport as well as academic studies to leading local senior schools.

Learning outside has been important since its foundation in 1924, and their successful Forest School Launch on Friday was attended by many current and prospective parents and others interested in Forest Schools which are educational programmes designed and implemented by fully trained "Forest School" staff.

Children of all ages benefit from taking part in these activities that range from cooking on open fires, willow work, games and crafts to mention only a few and they learn personal, social and technical skills in a woodland environment. This inspirational process offers children regular opportunities to achieve and develop confidence through hands-on learning in a natural environment within their school grounds. The programme is much more than a day in the woods or just an outdoor learning experience!

After a presentation, parents walked to the Forest HQ to take part in some of the activities and to sample some of the delicious soup that the Year 5 pupils had been cooking in the forest. All were enthusiastic and the children are all looking forward to their Forest experience days this term and the full Forest Programme that will be part of the timetable from September.

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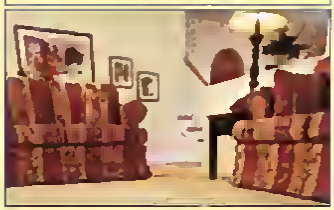

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The Great Gatsby (12A)

FOUR out of Five stars

Running time: 144 mins
Director: Baz Luhrmann Starring Leonardo DiCaprio, Carey Mulligan, Tobey Maguire, Joel Edgerton, Jason Clarke, Isla Fisher, Elizabeth Debicki, Amitabh Bachchan, Jack Thompson, Vince Colosimo, Barry Otto, Callan McAuliffe

Dazzlingly directed, impeccably designed and featuring a stunning soundtrack, Baz Luhrmann's, The Great Gatsby is an audio-visual feast, though the film's excesses are occasionally overwhelming and any sense of the novel's subtlety is demolished by the sledgehammer script.

What's it all about?
Directed by Baz Luhrmann (Romeo + Juliet), The Great Gatsby is adapted from the classic 1925 novel by F Scott Fitzgerald and stars Tobey Maguire as the book's narrator, Nick Carraway, who's entranced by the wild parties thrown by his Long Island neighbour, newly minted millionaire Jay Gatsby (Leonardo DiCaprio). Nick is thrilled when his mysterious neighbour appears to take a personal interest in him and agrees to organise a meeting between Gatsby and his cousin Daisy Buchanan (Carey Mulligan) who was Gatsby's sweetheart before the war but has since married wealthy boorish brute Tom Buchanan (Joel Edgerton).

The Good
Leonardo DiCaprio is perfectly cast as Gatsby and he generates strong chemistry with Carey Mulligan, particularly during their first meeting at Nick's house. Similarly Edgerton brings unexpected emotional depth to Tom - a character who could easily be portrayed as the film's villain, while newcomer Elizabeth Debicki displays startling screen presence as golfing star Jordan Baker - a glamorous friend of Daisy's who takes Nick under her wing. By contrast, Maguire is fine as Nick, but the film often struggles to reconcile his role as narrator with his place within each scene, so occasionally he's reduced to standing blankly on the edges.

This wouldn't be a Baz Luhrmann film without a certain amount of Gatsby-like excess and, true to form, the production design is utterly gorgeous throughout, marrying audacious visual effects (including colourised newsreel footage and digital recreations of 1920s New York overhead shots), stunning sets and jaw-dropping costume work. All of this is heightened by the exhilarating soundtrack from Jay-Z that provides a fresh take on a number of familiar songs and seamlessly incorporates them without them feeling unnecessary or jarring.

The Great
Perhaps surprisingly, Luhrmann tells the story relatively straight, sticking closely to the language and rhythm of Fitzgerald's novel and practically fetishising the book's iconography (the giant pair of glasses on the billboard, the green light on Daisy's dock). That said, the sledgehammer script repeatedly overstates everything, spelling out key plot points over and over again in case you weren't paying attention at the back and eliminating any trace of the novel's subtlety.

On top of that, it's fair to say that Luhrmann occasionally gets carried away with endless sweeping overhead shots that come close to inducing motion sickness (especially in 3D) and an irritating tendency to cut repeatedly within scenes for no reason, our particularly awkward shot of Daisy, Gatsby and Nick is SO over the top in this respect that it's almost laughable.

Worth seeing?
A handful of flaws aside, The Great Gatsby is a superbly acted, achingly stylish and continuously engaging drama that won't disappoint fans of the novel. Highly recommended.

Sky Diary – June 2013
By Peter Littlejohns

MERCURY reaches its maximum altitude on the 7th of June but is faint and low down in the west 90 minutes after sunset.

Venus is much brighter, easier to spot and very close to Mercury on the 12th with the crescent Moon very close to both on the 11th at around 22:30hrs.

On the 21st of the month the Earth has its Summer Solstice when the Sun reaches its most northerly point in the sky, giving us the longest day of the year.

The Moon is at its closest to the Earth (perigee) on the 24th when it is a mere 356,993km away, and as the full Moon will be close to the horizon it will look even bigger this month.

The naked eye ringed planet Saturn crosses the meridian around 21.45 and is well placed for observing. Even 10x50 binoculars will show an elliptical shape and possibly the largest of Saturn's moons, Titan. Jupiter is also well placed for observing, rising in the east at around 01.30hrs and will be found in the constellation of Ophiuchus low down in the South on the 10th and then on the 20th but with a low rate of about 5 an hour.

Planetarium Shows and Dates

June 2013		
Sunday 02	3.30pm	Prepare for Blast-off!
Sunday 09	3.30pm	The Hunt for Earth-like Planets
Friday 14	7.30pm	The Stars This Month
Sunday 16	3.30pm	Saturn, Lord of the Rings
Sunday 23	3.30pm	Violent Sun, Space Weather
Sunday 30	3.30pm	The Stars This Month

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester
Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day.
A map showing our location can be found at: www.southdowns.org.uk

WIN 2 TICKETS AT CINEWORLD

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A. SCOTT WILSON

B. BRUCE DERN

C. ROBERT REDFORD

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 28th May 2013 at midday - The winner will be notified later on that day.

• Last weeks winner is Jen Feltham from Chichester

Chichester Herald accepts no responsibility for any competition entry

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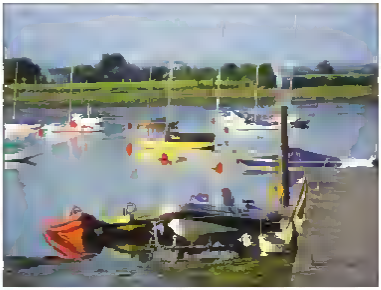
Itchenor Sailing Club to host Bembridge keelboats for first time in history



THE 1ST 2ND JUNE 2013 is set to be a big weekend for a small Sailing Club in Chichester Harbour

Whilst the racers and cruisers will be sailing around the Isle of Wight in the Round the Island Race, there will also be two fleets of keelboat classes crossing the Solent to be hosted at Itchenor Sailing Club for the first time in the club's history

The visiting Redwings and the Bembridge One Designs (BOD's) will be joining up with Itchenor's own three keelboat groups Sunbeams, XOD's and Swallows for a weekend of competitive racing in Chichester Harbour

The Bembridge fleets will be leaving the Island early to ensure they don't get caught up with the fast yachts as they come round Bembridge Ledge and hope to arrive at Itchenor at about noon Following lunch in the clubhouse all five fleets will then race in Chichester Harbour using guest crews so that the visiting fleets will have someone on board with local knowledge

The day will be rounded off with a formal dinner at Itchenor's Grade II Listed Clubhouse and a prize giving of two specially commissioned paintings will be awarded to the winning visiters yachts

On the Sunday all fleets will gather and sail outside the Harbour before the Bembridge fleets head back across the Solent to return home

Itchenor Sailing Club has the largest number of keelboats in the country, including the Solent Sunbeams, the largest of the Alfred Westmacott designs of the 1920's, the National Swallow Class,which sailed and won in the 1947 Olympics, and the ever popular XOD's

If you are interested in joining one of the fleets and want to come for a sail contact the Club Office on 01243 512400 or email office@itchenorsailingclub.co.uk

Films showing at New Park Cinema

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Fri 24 May
13.00 The Reluctant Fundamentalist (15) 128m
15.45 I'm So Excited
18.00 The Eye of the Storm
20.45 Argo (15) 121m

Sat 25 May
13.30 The Croods (U) 98m
15.30 Argo
18.00 The Eye of the Storm
20.30 The Reluctant Fundamentalist

Sun 26 May
13.15 The Croods
15.15 The Eye of the Storm
17.45 The Reluctant Fundamentalist
20.30 Argo

Mon 27 May
12.00 The Croods
14.15 I'm So Excited
16.30 The Reluctant Fundamentalist

Tue 28 May
13.30 The Croods
15.30 The Eye of the Storm
18.00 I'm So Excited
20.15 The Reluctant Fundamentalist

Wed 29 May
13.15 OZ the Great & Powerful (PG) 130m
15.45 The Eye of the Storm
18.15 Argo
21.00 I'm So Excited

Thu 30 May
13.15 OZ the Great & Powerful
15.45 I'm So Excited
18.00 The Reluctant Fundamentalist
20.45 The Eye of the Storm

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SATURDAY'S TV 25.05.13

Listings supplied by Press Association

CHOICE

Oliver Colemon

Casualty
BBC1, 9.30pm
Making a mistake at work for most of us isn't great, but usually it means a few groans and a slap on the wrist. That's not the case for medical professionals, whose errors can have far-reaching consequences for their patients and their families – as Tom is beginning to realise. But it's his confidence that's taken a real beating following a recent misdiagnosis, and it's going to take a lot of hard work for him to get it back. Meanwhile, in one of the week's most moving storylines, Tess tries to help a young woman with a bleak future.

BBC1

6.00 Breakfast. **10.00** Saturday Kitchen Live. **11.30** Nigel Slater's Simple Suppers. (R) **12.00** BBC News. Regional News. Weather. **12.15** Pargan Hend. (R) **1.00** Live Athletics: Great Manchester City Games. **2.30** Hollimpter Hnnres. (R) **3.15** Escape to the Country. (R) **4.15** A Question of Sport. (R) **4.45** Pointless Celebrities. (R) **5.35** Formula 1: Monaco Grand Prix Qualifying.
6.50 BBC News; Regional News, Weather
7.10 The Voice UK Holly Willoughby and Reggie Yates host the live battle show by the end of which Jessie J, Tom Jones, Danny O'Donoghue and Will.i.am will be one step closer to choosing their acts.
9.20 The National Lottery Draws Jean Falconer sets the balls rolling to decide the all-important numbers.
9.30 Casualty Tom takes the lead when a baby is rushed in with breathing difficulties and having previously failed to diagnose a youngster's meningitis, he is determined to be the rnrop.
10.20 BBC News; Weather
10.40 Michael McIntyre's Comedy Roadshow The comedian is joined by Kevin Bridges, Daniel Sloss, Milton Jones and Craig Campbell at Glasgow's Theatre Royal. (R) National Lottery Update.
11.20 Film: Eagle Eye (2004) Two strangers go on the run from the authorities after receiving phone calls warning their lives are in danger. Thriller with Shia LaBeouf, Michelle Monaghan and Rosario Dawson.
1.15 Weatherview. **1.20** BBC News

BBC2

6.00 This Is BBC Two. **6.45 Film: Stage Door** (1937) **8.15 Film: Two** Tickets to Broadway (1951) **10.00** A History of Scotland. (R) **11.00** Mad Men (R) **11.30** Just a Minute. (R) **12.00** The Chef's Protege. (R) **12.30** The Chef's Protege. (R) **1.00** The Chef's Protege. (R) **1.30** The Chef's Protege. (R) **2.00** The Chef's Protege. (R) **2.30** Coast. **3.30** Auction Hell. (R) **4.00** Antiques Road Trip. **5.00** Flog It! (R)
6.00 Golf: PGA Championship. The third round from Wentworth.
7.00 Chelsea Flower Show 2013. Alan Titchmarsh is joined by Joe Swift and Nick Chapman to preview the traditional mass sell-out, in which crowds jostle for the most sought-after plants and flowers.
9.20 Dad's Army Mainwaring's mate poses problems to see how the residents of Walmington-on-Sea would deal with genuine Nazi infiltrators in their midst. (R)
8.00 QI Stephen Fry is joined by Sandi Toksvig, John Lloyd, Johnny Vegan and regular panellist Alan Davies on the quiz, in which the host asks hyphenical questions. (R)
9.30 David Bowie – Five Years Exploring five key years in the singer's career which saw him redefine himself as an artist by adopting different personas – including Ziggy Stardust and the Thin White Duke.
10.50 Film: The Man Who Fell to Earth (1976) Nicolas Roeg's sci-fi drama, starring David Bowie, Rip Torn, Candy Clark and Buck Henry.
1.00 Film: The Wackiness (2008) **2.00** Thin In BBC Two. **5.55 Film: The Mad Mini Mantion** (1938)

ITV

6.00 CITV: Special Agent Oso. **6.10** Special Agent Oso. **6.25** The Hive. (R) **6.35** The Hive. (R) **6.40** Dirty Dan. (R) **6.55** Dirty Dan. (R) **7.05** Cammals. (R) **7.15** Cammals. (R) **7.20** Almost Naked Animals. (R) **7.30** Ultimate Spider-Man. **8.00** Jessie. **8.25** ITV News. **8.30** Dinner Date. (R) **8.35** The Jeremy Kyle Show USA. (R) **10.15** My Tasty Travels with Lynda Bellingham. (R) **11.15** Saturday Farm. **12.15** ITV News; Weather. **12.25** All Star Mr & Mrs. (R) **1.25** Love Monsters. (R) **2.25** The Chase. (R) **3.25** Midsomer Murders. (R) **5.25** Evrythul Programme Weathnr **5.45** ITV News; Weather
8.00 You've Been Framed! Fill Thrillie Harry Hill narrates a selection of comical rnips filmed by viewers on their camcorders and mobile phones, featuring bnilk-seakers, show-offs and painful-looking accidents. (R)
7.00 Live UEFA Champions League Final Borussia Dortmund v Bayern Munich (Kick-off 7.45pm). Coverage of the showpiece match at Wembley Stadium, where Jnh Bnndeslga ninhe oontent thn prestigiuon trophy. Subsequent programmes subject to change.
10.15 ITV News; Weather
10.30 Film: Crank (2006) An assassin is poisoned and resorts to desperate measures to keep himself alive long enough to exact a fitting revenge. Action thriller starring Jason Statham, Amy Smart and Jose Pablo Cantillo.
12.10 Jackpot247: Interactive gaming. **3.00** Thn Starlnr W'le. (R) **3.45** ITV Nightscreen. Text based information service.

CHANNEL 4

6.10 The Hoobs. (R) **6.35** The Heebs. (R) **7.00** British Rallycross. **7.25** The Grid. **8.00** The Morning Line. **8.30** Everybody Loves Raymond. (R) **8.50** Everybody Loves Raymond. (R) **11.00** Frasier (R) **10.30** Frasier. (R) **11.00** The Big Bang Theory. (R) **11.35** The Big Bang Theory. (R) **12.05** The Simpsons. (R) **12.35** Hestr: Is Famousreal Freak. (R) **1.40** Channel 4 Racing: Live coverage from Haydock Park, Goodwood and York. **4.10** Come Dine with Me. (R) **4.40** Come Dine with Me. (R) **5.10** Come Dine with Me. (R) **5.40** Come Dine with Me. (R)
6.10 Come Dine with Me. Stellon Michael hosts the final night in Hastings, East Sussex, hoping to impress his guests with a Greek-inspired evening before the winner of the £1,000 prize is announced. (R)
8.40 Channel 4 News
7.00 Film: Titanlin (1997) A recently jail-bnln in love with a penniless artist during the liner's maiden voyage. James Cameron's Oscar-winning romantic drama starring Kate Winslet and Leonardo DiCaprio.
10.45 Film: 4m Hrs (1992) A hard bitten cop temporarily releases hrr fiancé from prison to help him track down two escaped fugitives. Comedy thriller starring Nick Nolte, Eddie Murphy, Annette O'Toole and James Remar.
12.00 Dylan Moran Live: Yuah Yeah. A performance from the comedian's 2011 tour. (R) **1.25** Snuthland. (R) **2.10** Hollywain Omnodnn. (R) **4.15** Deal or No Deal: High stakes game show with Noel Edmonds. (R) **5.10** Countdown. (R) **5.55** SuperScrimpers

CHANNEL 5

6.00 Milkshake! **10.15** Power Rangers: Super Samurai. (R) **10.45** ThunderCats. (R) **11.15** Inside Hollywood. **11.20** WWE Summer of Death: The Big Dig. (R) **12.20 Film:** The Dam Busters. (1954)
2.55 Film: Ben-Hur. (1959)
7.00 Cricket on 5: England v New Zealand. Highlights of day two of the unclouding Test in the five-match series, which takes place at Headingley.
9.00 5 News Weekend.
10.05 NCIS. Tony and Ziva trace a suspected terrorist to a warehouse where they find evidence suggesting a nuclear attack on Washington DC is the next planned. Drama starring Mark Harmon. (R)
11.00 NCIS. An Iraq war veteran asks Gibbs to investigate the killing of another former marine, who was murdered while working as a lorry driver in Zira'ah in the hope to catch the culprit. (R)
1.55 True Crimes: Angel of Death When the number of deaths in an Indiana intensive care unit rapidly increases, an astute nurse helps a team of detectives to find the culprit. (R)
2.25 Law & Order: Special Victims Unit An animal rights campaigner is found murdered.
3.20 Law & Order: Criminal Intent. A murderer with amnesia persuades us on the loose. Last in the series.
12.15 SnipsCasino. **4.00** Michaela's Wild Challenge. (R) **4.50** Conny Secrets. (R) **5.00** Hana's Helpline. (R) **5.15** Rosary the Racing Car. (R) **5.25** The Family Valley Show. (R) **5.35** Hanan Helpline. (R) **5.50** Rosary the Racing Car. (R)

DIGITAL

BBC Three
7.00 Radio 1's Big Weekend 2013. **11.00** The Voice UK

BBC Four
7.00 Swarm: Nature's Incredible Invasions. **8.00** British Masters. **9.00** Anna Dahl: Many Waltrrs – Part Ten. **10.30** Ultrasnth Number Is rt the BBC. **11.30** Top of the Pops. 1979

ITV2
4.45 Film: The Incredible Hulk (2008) **7.00 Film:** Mamma Mia! (2008). Musical comedy starring Meryl Streep. **9.10 Film:** Bridget Jones: The Edge of Reason (2004) Romantic comedy sequel with Renee Zellweger and Colin Firth. **11.20** Celebrity Juice

ITV3
2.00 Film: Agatha Christie's Murder in Three Acts (1985) **4.00** Northanger Abbey. **6.00** Agatha Christie's Marple. **8.00** Dec Martin. **9.00** Lewis. **11.00** W-rem the Blood

ITV4
3.45 20 Years of Champions League. **5.40** Meurinho. **6.45 Film:** Every Which Way But Loose (1978) Action comedy starring Clint Eastwood. **9.00 Film:** Rob Wire (1995) Suspnthrillrr starring Pamela Anderson. **11.00** Prem-rership Rugby Union

E4
5.30 The Mnndy Project. **6.00** The Big Bang Theory. **7.00** Happy Endings. **7.30** How I Met Your Mother. **8.00** 2 Broke Girls. **9.00 Film:** Ohnrelevnt (2003) Com-c-book adventure starring Ben Affleck. **11.15** The Big Bang Theory

Film4
3.00 Thn 7th Voyage of Sinbad (1958) **4.45** Humn Alarm 3 (1997). **6.40** Mission: Impossible 2 (2000) Action thriller sequel starring Tom Cruise. **9.10** Forrest Gump (1994) Comedy-dramal starring Tom Hanks. **11.45** The Crazies (2010)

SUNDAY'S TV 26.05.13

CHOICE

Colin O'Donoghue

Once Upon a Time
Channel 5, 8pm
For almost half a century Barbara Hershey has been one of the most dynamic actresses working in Hollywood. She's also rather good in this saga from the Disney stable, in the latest offering, Cora (Hershey) sends her zombies to abduct Aurora (Sarah Bolger) and swap her for the enchanted compass the sorceress needs to travel to Storybrooke. Elsewhere, Snow takes the sleeping powder in the hope of warning the local residents of the danger, and Captain Hook (Colin O'Donoghue) appears to be playing a game of his own.

BBC1

8.00 Breakfast. 9.00 The Andrew Marr Show. **10.00** The Battle of the Atlantic Remembered. **12.00** The Big Dnndsow. Weather for the Week Ahead. **1.05** Countryfile. (R) **2.00** Regional Programmes. **2.30** Bargain Hunt. (R) **3.15** Points of View. **3.30** Escape to the Country. (R) **4.30** Songs of Praise. **5.45** Chelsea Flower Show 2013. **5.35** Formula 1: Monaco Grand Prix – Highlights.
7.05 BBC News, Regional News, Weather
7.30 Countryfile East Yorkshire is this week's location as Matt Baker finds out about marsh management on the Hnnsher estuary and Julia Bradbury visits the Lemonfield MOD School for Transport, including Weather for the Week Ahead.
8.30 Cure Histerian Jackson is asked to find out if a woman's fiance is cheating on her – only to find himself investigating a suspected murder. Merlee moves in and Deborah turns to honey trapping.
10.00 BBC News; Regional News, Weather
10.25 My Hero, Hugh Dennis on Bonnie Barker Oldnnrhelard star Hugh Dnnn's pays an affectionate tribute to Bonnie Barker, the star of Porridge and The Two Ronnies – following his stage performance in Blackpool.
11.25 Film: The Lake House... (2006) Two strangers with exchange letters fall in love – but discover they are existing two years apart. Romantic fantasy starring Sandra Bullock, Keanu Reeves and Christopher Plummer.
1.00 Weatherview. **1.05** BBC News

BBC2

7.15 The A to Z of TV Gardening. **8.00** The Beechgrove Garden. **8.30** Saturday Kitchen Best Bites. **11.00** Live Athletics: Great Manchester Run. **12.35** Eastenders. (R) **2.25** Live Women's FA Cup Final. **5.15** Flog It! (R)
6.00 Golf: PGA Championship. Day four from Wentworth.
7.00 Rowley Legends: Stirling Moss. Actor Patrick Stewart and former racing driver Stirling Moss travel to Florence in a classic Mercedes to retrace the route of Italy's most famous road race, the Mille Miglia. (R)
8.00 Partridge Fletcher helps estimate Geldnn make it through the night, calling on his limitless imagination to whinnney the horses. Comedy starring Rennie Barker and Richard Beck-nsale. (R)
9.30 Iconage Clonks Alice Roberts discovers evidence of a conflict between cave bear and lion in Transylvania and examines the well-preserved remains of a female woolly rhinoceros in Siberia.
10.30 Australia with Simon Reeve The author and adventurer continues his Australian journey with visits to Kakadu National Park, the remote northern Bush, Cape York Peninsula and the Great Barrier Reef.
11.30 Film: Cinderella Man (2005) A washed-up boxer struggling to support his family during the Great Depression rises to launch a comeback. Drama, with Russell Crowe.
12.45 Sign Zone: Episode. (R) **1.40** Holby City. (R) **2.40** This In BBC Two

ITV

6.00 CITV: Special Agent Oso. **6.10** Special Agent Oso. **6.25** The Hive. (R) **6.35** The Hive. (R) **6.40** Dirty Dan. (R) **6.55** Dirty Dan. (R) **7.05** Cammals. (R) **7.15** Cammals. (R) **7.20** Almost Naked Animals. (R) **7.30** Teenage Mutant Ninja Turtles. **8.00** Sonny with a Chance. **8.25** ITV News. **8.30** Dinner Date. (R) **8.35** The Jeremy Kyle Show USA. (R) **10.20** Murder, She Wrote. (R) **11.20** ITV News; Weather. **11.30** Live Free Fm Open Tennis.
6.30 Regional Programme; Weather
6.45 ITV News; Weather
7.00 Celebrity Catchphrase Kym Lamne, Steve Pemberton and Rosemary Shrager compete to identify familiar phrases adnn in animated clues to win thousands of pounds for charity.
8.00 Britain's Got Talent. Ant and Dec present the final round of auditions.
9.00 Coronation Street Stella and Karl reopen the Rovers.
9.30 The Sisterhood Anna is persuaded to swap places with his prnttnd fiancée and finds it much easier into a new life with disastrous consequences. Daphne in Manner adaptation starring Matthew Rhys. Concludes nfter thrnnews. (R)
10.35 ITV News; Weather.
10.50 The Bnpregnant Conclusion of the Daphne de Maurier adaptation starring Matthew Rhys. (R)
11.45 Premiership Rugby Union Northampton Saints v Leicester Tigers
12.45 The Store. **2.10** Monk. (R) **3.00** Motorsport UK. **3.50** ITV Nightscreen. **5.15** The Jeremy Kyle Show. (R)

CHANNEL 4

6.10 The Hoobs. (R) **6.35** The Heebs. (R) **7.00** Xtreme Storm. **7.30** Everybody Loves Raymond. (R) **7.55** Everybody Loves Raymond. (R) **8.25** Frasier. (R) **8.55** Frasier. (R) **9.30** Sunday Brunch. **12.30** The Big Bang Theory. (R) **1.00** The Big Bang Theory. (R) **1.30** The Simpsons. (R) **2.00** The Simpsons. (R) **2.30** Dead or No Deal. **3.30 Film:** Volcano: (1997) Disaster thriller, starring Tommy Lee Jones. **5.30 Film:** Shrek the Third (2007) Animated family comedy, starring Dwayne Johnson.
7.30 Channel 4 News
8.00 Clare Balding's Secrets of a Suffragette The presenter investigates the death of militant activist Emily Wilding Davison in the 1913 Epsom Derby and offers a fresh perspective on what really happened that day.
9.00 Film: Another Year (2010) Premiere. A people approaching rnt moment are visited by friends and family. Ness happy when their lives Mike Leigh's comedy drama, starring Lesley Manville and Jim Broadbent.
11.30 Film: The Cider House Rules (1999) A doctor's assistant in rural Nn nnplennagh where he grew up sets out to become an abortionist and accidentally moral decisions. Drama, starring Tobey Maguire and Michael Caine
1.40 Film: Mnstnr Abbey (1964) Mystery starring Margaret Rnthnrford. **3.20** Conn Dine with Me. Four amateur chefs compete in north-west London. (R) **4.15** Deal or No Deal: Real-life banker game show. (R) **5.10** Countdown. With guest Jo Brand. (R) **5.55** SuperScrimpers

CHANNEL 5

6.00 Milkshake! Peppa Pig. **6.05** Rosary the Racing Car. (R) **6.15** Fifi and the Flowertots. (R) **6.25** Bert and Ernie's Great Adventures. (R) **6.30** The Mr Men Show. (R) **6.45** Chloe's Closet. **6.55** Rosie and Jim. **7.00** Custard Pie. (R) **7.30** Bananas in Pyjamas. (R) **7.15** Animal Antics. (R) **7.20** Nnddy in Toyland. (R) **7.35** Mio Mao. (R) **7.40** City of Friends. (R) **7.50** Hana's Helpline. (R) **8.00** Little Princess. (R) **8.15** The Adventures of Paddington. (R) **8.30** Bill and Ben. (R) **8.40** Postman Pat. (R) **8.55** Angelina Ballerina. (R) **8.45** Rupert Bear. (R) **9.00** Ben and Holly's Little Kingdom. (R) **9.15** Thomas Travelling Circus. (R) **9.30** Rosary thn Racing Car. (R) **9.45** Jelly Jamm. (R) **10.00** Power Rangers Super Samurai. (R) **10.35** ThunderCats. (R) **11.15** How Do They Do It? (R) **11.35** The Hotel Inspector. (R) **12.35** The Hotel Inspector. (R) **1.30 Film:** Cats & Dogs. (2001) **3.10 Film:** Winnie the Pooh (2011) **4.20 Film:** Scooby-Doo (2002)
8.00 World's Craziest Weddings Inn dents and admiration that marie people in special days meet even memorable. (R)
8.55 5 News Weekend.
7.00 Cricket on 5: England v New Zealand
8.00 Once Upon a Time. Cora reveals her zombies to abduct Aurora.
9.00 Film: Drag Me to Hell. (2009) Premiere. Horror starring Alison Lohman.
11.00 Film: My Soul to Take (2010) Premiere. Horror starring Max Thieriot.
1.15 SniperCasino. **4.00** Michaela's Wild Challenge. (R) **4.50** Conny Secrets. (R) **5.00** Hana's Helpline. (R) **5.15** Rosary the Racing Car. (R) **5.25** The Family Valley Show. (R) **5.35** Hana's Helpline. (R) **5.50** Rosary the Racing Car. (R)

DIGITAL

BBC Three
7.00 Radio 1's Big Weekend 2013. **11.00** Krissell Kinvarra's Good Neighbour Extra. **11.45** Sweat the Small Stuff: Extra Sweaty

BBC Four
7.00 The Dark Ages: An Age of Light. **8.00** The Sermons: Secret Tnnnnl Wars. **9.00** Nina Conti: Talk to the Hnnd. **10.45** Timeshift: Wrestlings Golden Age: Grapples, Grunts and Grannies. **11.00** Arena: Sonny Rollins 74 – Rescued!

ITV2
3.45 You've Been Framed! **4.15 Film:** The Mummy (1999) **6.40 Film:** Back to the Future Part III (1990) Sci-fi-comedy sequel starring Michael J Fox. **9.00** Bean – n Girl Mnre Talent. **10.50 Film:** Thn Bonrne Supremacy (2004) Action thriller sequel starring Matt Damon

ITV3
8.00 Vera. DCI Stanhope investigates a murder at a remote cottage in Northumberland. **10.00** Prime Suspect

ITV4
2.45 Live Indian Premier League Cricket Coverage of the final at Eden Gardens, Kolkata. **8.00** Premiership Rugby Un on. **9.00 Film:** Kill the Conjurer (1997) **11.00** French Open Tennis Highlights

E4
4.45 Revenge. **5.00** The Mnndy Project. **6.00** Thn Big Bang Theory. **7.00** New Girl. **8.00** How I Met Your Mother. **9.00** Grnnn Zone: Interview Special. **9.50** Cracknle Onndnnll. (1985) **10.00** Knowing. (2009) Mystery thriller starring Nicolas Cage and Rose Byrne. **11.20** Festen (1996)

Monday

BBC1 6.00 Breakfast. 9.00 Helicopter Heroes. 9.45 Homes Under the Hammer. 10.45 Don't Get Done in the Sun. 11.15 Cowboy Trap. 12.00 Bargain Hunt. 1.00 BBC News Weather. 1.20 Regional News Weather. 1.30 Wallace & Gromit: A Grand Day Out (R) 1.55 Film: Coal Runnings (1993) Fact-based sporting comedy, starring John Candy. 3.25 Escape to the Country (R) 4.15 Who Do You Think You Are? (R) 5.15 Pointless. 6.00 BBC News Weather. 6.15 Regional News Programmes Weather. 6.30 The One Show. 7.30 Antiques Roadshow (R) 8.30 Miranda. (R) 9.00 The Queen: A Passion for Horses. Clare Balding charts Her Majesty's career breeding racehorses. 10.00 BBC News. 10.10 Regional News Weather. 10.20 Have I Got a Bit More News for You. 11.05 The Football League Show. 11.45 The Graham Norton Show (R) 12.30 Weatherview. 12.35 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 Don't Get Done in the Sun (R) 7.30 Bargain Hunt. (R) 8.25 Animal Park. (R) 8.55 Film: Sword of Sherwood Forest. (1960) Robin Hood adventure starring Richard Greene. 10.15 Film: Henry VIII and His Six Wives. (1972) Historical drama, starring Keith Michell. 12.15 Golf: PGA Championship. 2.15 Put Your Money Where Your Mouth Is. 3.00 Springwatch in the Afternoon. 3.45 Fred Dibnah's Made in Britain (R) 4.15 Planet Earth (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chef's Protege. (R) 7.00 The Flying Scotsman. A Rail Romance (R) 8.00 Springwatch 2013. 9.00 The Fall. 10.00 Blackadder II. (R) 10.35 Blackadder Rides Again (R) 11.35 The Tudors. (R) 12.25 The Tudors. (R) 1.15 Sign Zone. Keeping Britain Alive. The NHS in a Day. (R) 2.15 This Is BBC Two 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 9.30 Lorraine. 9.25 Live French Open Tennis. Day two of the second Grand Slam event of the year. 5.30 Britain's Got Talent. (R) 6.30 ITV News London Weather 8.45 ITV News. Weather 7.00 Emmerdale 7.30 Britain's Got Talent. The first live semi-heat 9.00 Coronation Street. 9.30 Britain's Got Talent Results. Ant and Dec announce the viewers' and judges' verdicts. 10.00 The Story of Now. 11.00 ITV News. Weather 11.15 French Open Tennis 12.30 Menk. (R) 1.15 Jackpot247 3.00 Champions League Weekly 3.25 ITV Nightscreen 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 The Treacle People (R) 6.10 The Hooks (R) 6.35 The Hooks (R) 7.00 Film: The Ugly Dachshund and Me (2006) Animated comedy with the voice of Morgan C Jones. 8.30 Fraser (R) 9.00 Fraser (R) 9.30 Fraser (R) 10.00 Undercover Boss Canada. 11.00 Phil Spencer: Secret Agent. (R) 12.05 Come Dine with Me. (R) 12.35 1001 Things You Should Know 1.05 Film: Romancing the Stone (1984) Comedy adventure, starring Michael Douglas and Kathleen Turner. 3.10 Countdown 4.00 Deal or No Deal. 5.00 Four in a Bed. (R) 5.30 Come Dine with Me. 6.00 The Simpsons (R) 6.30 Hollyoaks. (R) Channel 4 News 7.55 Cityfought 8.00 World's Weirdest Weather. 9.00 Sarah Millican. 10.00 Ramsay's Kitchen Nightmares USA. 11.05 Random Acts 11.10 Alan Carr: Chatty Man (R) 12.10 Shameless. (R) 1.05 The Four (R) 2.00 Who's My Supply Worth? (R) 2.30 Nick's Style Secrets. (R) 3.25 Inside Nature's Giants. (R) 4.20 Come Dine with Me (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Eddie Stobart Trucks and Trailers (R) 12.10 5 News Lunchtime 12.15 Cowboy Builders (R) 1.15 Home and Away 1.45 Neighbours. 2.15 CSI Trilogy. (R) 3.10 CSI Trilogy. (R) 4.05 CSI Trilogy. (R) 5.00 5 News at 5 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 Highland Emergency. (R) 8.55 Inside Hollywood. (R) 7.00 Cricket on 5: England v New Zealand, 5 News Update 8.00 Motor Mayhem. The teams create machines to tell trees and chop into logs. Last in the series. 5 News at 9 9.00 World's Scariest Animal Attacks. Terrifying animal encounters caught on camera. 10.00 Film Gamer (2009) Sci-fi thriller starring Gerard Butler 11.50 Film: Colors. (1988) Action thriller with Sylvester Stallone. 1.30 SuperCasino 3.55 HouseBusters. (R) 4.45 Great Scientists. (R) 5.10 Wildlife SOS (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer (R) 11.00 Don't Get Done in the Sun. 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. Tanya sets out on a mission to help Lauren treat the bronze. BBC News. Regional News. 8.00 Holby City. 9.00 The Apprentice. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Wright Way. 11.05 Live at the Apollo. (R) 11.35 Film: Dan in Real Life. (2007) Romantic comedy, with Steve Carell and Juliette Binoche. 1.10 Weatherview. 1.15 BBC News.

BBC2 9.00 This is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Don't Get Done in the Sun (R) 7.35 Cowboy Trap. (R) 8.20 Sign Zone. Saints and Scroungers. (R) 8.05 Watchdog. (R) 10.40 Paul Hollywood's Bread. (R) 10.35 HARDtalk. 11.00 BBC News. 11.30 BBC World News. 12.00 Film: College Road Trip. (2008) Family comedy, starring Martin Lawrence. 1.15 My Life in Books. (R) 1.45 The Super League Show. 2.30 Classic Masterminds. (R) 3.00 Springwatch in the Afternoon. 3.45 Fred Dibnah's Made in Britain. (R) 4.15 Planet Earth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chef's Protege. 7.00 Locomotion. Dan Snow's History of Railways. (R) 8.00 Springwatch 2013. 9.00 Town with Nicholas Crane. 10.00 The Fall. 10.55 You're Fired. 10.30 Newsnight Weather. 11.20 The Tudors. (R) 12.15 The Tudors. (R) 1.15 Sign Zone. The Apprentice. (R) 2.15 James May's Man Lab. (R) 3.15 This Is BBC Two. 6.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Britain's Got Talent. 9.00 Coronation Street. 9.30 Britain's Got Talent Results. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Wards of Everest. 11.35 French Open Tennis. 12.30 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Fraser. (R) 9.00 Frasier. (R) 9.30 Fraser. (R) 10.00 Undercover Boss Canada. 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Summary. 12.05 Come Dine with Me. (R) 12.40 1001 Things You Should Know. 1.10 Supersizers... Go Mediaeval. 1.10 Series a Vintage Gems. (R) 1.15 Film: The Rare Breed. (1966) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Four in a Bed. (R) 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Embarrassing Bodies: Live from the Clinic. 9.00 Edward VIII: The Lion King. 10.00 Shameless. 11.00 Skint. (R) 12.05 Random Acts. 12.10 European Poker Tour. 1.10 KOTV Boxing. Weekly 12th Series. America's Gay Discovery. 2.10 The Grid. (R) 2.30 British Rallycross. (R) 2.55 Xtreme Storm. (R) 3.25 Inside Nature's Giants. Dinosaur Bird. (R) 4.20 Deal or No Deal. (R) 5.15 Come Dine with Me. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Dr Vinci Code. The True Story. (R) 12.10 5 News Lunchtime. 12.15 WWI Top Gun Revealed. (R) 1.15 Home and Away. 1.45 Neighbours. 2.20 NCIS. (R) 3.15 Film: Final Verdict. (2005) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Cricket on 5: 5 News Update. 8.00 WWI's Tunnels of Death: The Big Dig. (R) 9.00 5 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 Body of Proof. 10.50 Film: Desperado. (1995) 12.50 SuperCasino.

Wednesday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. 11.00 Don't Get Done in the Sun. 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Waterloo Road. 9.00 Frankie. The nurse's job is on the line after her judgement is called into question. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 A Question of Sport. 11.05 Room 101. (R) 11.35 Film: Away from Her. (2007) Drama, starring Gordon Pinsent and Julie Christie. 1.30 Weatherview. 1.35 BBC News.

BBC2 9.00 Homes Under the Hammer. (R) 7.00 Don't Get Done in the Sun. (R) 7.30 Cowboy Trap. (R) 8.15 Sign Zone. Saints and Scroungers. (R) 9.00 The Great British Sewing Bee. (R) 10.00 Deadly 60 on a Mission. (R) 10.30 Great British Railway Journeys. Goes to Ireland. (R) 11.00 BBC News. 11.30 Hands on Nature. (R) 11.40 Film: The Amazing Mr Blunden. (1972) Childrens fantasy starring Laurence Naismith. 1.15 My Life in Books. (R) 1.45 Weakest Link. (R) 2.30 Classic Masterminds. (R) 3.00 Springwatch in the Afternoon. 3.45 Fred Dibnah's Made in Britain. (R) 4.15 Life in Cold Blood. (R) 5.15 Flog It! (R) 6.00 Eggheads. 6.30 The Chef's Protege. 7.00 Locomotion. Dan Snow's History of Railways. (R) 8.00 Springwatch 2013. 9.00 Gardeners' World. 10.00 Wilsen & Oliver. 10.30 Newsnight. Weather. 11.20 The Tudors. (R) 12.15 The Tudors. (R) 1.15 Sign Zone. The Apprentice. (R) 2.08 This is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Britain's Got Talent. 9.00 Coronation Street. 9.30 Britain's Got Talent Results. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.45 International Football Highlights. 11.35 French Open Tennis. 12.35 Jackpot247. 3.00 Film: Columbo: Double Exposure. (1973) Crime drama, starring Peter Falk and Robert Culp. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss Canada. 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.40 1001 Things You Should Know. 1.10 SuperSizers... 1.25 Film: Season of Scotland Yard. (1956) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Four in a Bed. (R) 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Location, Location, Location. 9.00 24 Hours in A&E. 10.00 10 O'Clock Live. 10.55 Random Acts. 11.00 Confessions of a Male Stripper: First Out. 12.05 Music on 4. Mercury Prize Seasons: Palma Violets. 12.20 One Born Every Minute USA. 1.15 Revenge. 2.05 Film: Quiz Show. (1994) Period drama. 4.15 Deal or No Deal. (R) 5.10 Countdown. (R) 5.55 Kirstie's Vintage Gems. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Emergency Bikers. (R) 12.10 5 News Lunchtime. 12.15 Frontline Police. (R) 1.15 Home and Away. 1.45 Neighbours. 2.20 NCIS. (R) 3.15 Film: Kidnapped. The Elizabeth Smart Story. (2003) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Frontline Police. (R) 8.00 5 News Update. 8.00 Emergency Bikers: 5 News at 9. 9.00 NCIS. 10.00 Film: Resident Evil: Extinction. (2007) 11.55 Campus Cops. 12.20 Film: Final Appointment. Up Poker Championships. 1.15 SuperCasino. 3.55 HouseBusters. (R) 4.45 Great Artists. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. (R) 11.00 Don't Get Done in the Sun. 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Watchdog. 9.00 Crimewatch. 10.00 BBC News. 10.25 Regional News Weather. 10.35 A Question of Sport. (R) 11.05 Have I Got News for You. 11.40 The Quiet American. (2002) Drama, starring Michael Caine. 1.15 Holiday Weatherview. 1.20 BBC News.

BBC2 6.00 This is BBC Two. 6.00 Homes Under the Hammer. (R) 7.00 Don't Get Done in the Sun. (R) 7.35 Cowboy Trap. (R) 8.20 Sign Zone. The A to Z of TV Gardening. (R) 9.00 Great Continental Railway Journeys. (R) 10.00 Country Show Cook Off. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film: The Cement Mystery. Mystery of the Flamingos. (2006) Documentary following a flamingo colony. 1.15 My Life in Books. (R) 1.45 Weakest Link. (R) 2.30 Classic Mastermind. (R) 3.00 Springwatch in the Afternoon. 3.45 Fred Dibnah's Made in Britain. (R) 4.15 Life in Cold Blood. (R) 5.15 Flog It! (R) 6.00 Eggheads. 6.30 The Chef's Protege. 7.00 Locomotion. Dan Snow's History of Railways. (R) 8.00 Springwatch 2013. 9.00 Henry VI. Warlar King. 10.00 Wilsen & Oliver. 10.30 Newsnight. Weather. 11.20 The Tudors. (R) 12.15 The Tudors. (R) 1.15 This Is Sign Zone. The Apprentice. (R) 2.15 James May's Man Lab. (R) 3.15 This Is BBC Two. 6.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Britain's Got Talent. 9.00 Coronation Street. 9.30 Britain's Got Talent Results. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 French Open Tennis. 12.05 Jackpot247. 3.00 Monk. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.30 The Hooks (R) 6.35 The Hooks (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Fraser. (R) 9.00 Frasier. (R) 9.30 Fraser. (R) 10.00 Undercover Boss Canada. 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.40 1001 Things You Should Know. 1.10 Kirstie's Handmade Treasures. 1.20 Top Dog Dakota Incident. (1956) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Four in a Bed. (R) 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Britain's Shire Age Tsunami. 9.00 Human Swarm. 10.00 Who's Your Emergency? (R) 11.05 24 Hours in A&E. (R) 12.05 Random Acts. 12.10 Clare Balding's Secrets of a Suffragette. 1.10 The Murder Workers. (R) 2.40 Unexported World. (R) 3.05 Come Dine with Me. (R) 4.00 Deal or No Deal. (R) 4.55 Countdown. (R) 5.40 Kirstie's Handmade Treasures. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 WWI's Tunnels of Death: The Big Dig. (R) 12.10 5 News Lunchtime. 12.15 Motor Mayhem. (R) 1.15 Home and Away. 1.45 Neighbours. 2.20 CSI: NY. (R) 3.10 Film: A Trick of the Mind. (2006) Thriller starring Alexandra Holden. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Dan Hunt: The True Story. 8.00 5 News Update. 8.00 World's Craziest Police Pursuits. 8.55 5 News at 9. 9.00 Film: Bad Boys. (1995) Action thriller starring Will Smith. 11.30 World's Scariest Near Misses. (R) 12.15 SuperCasino. 3.55 HouseBusters. (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. 11.00 Don't Get Done in the Sun. 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 A Question of Sport. (R) 8.30 Would I Lie to You? 9.00 Have I Got News for You. 9.30 Hot Going Out. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.25 The Wright Way. (R) 11.55 Film: Connie and Carla. (2004) Teen horror, starring Christina Ricci. 1.25 Weatherview. 1.30 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 Don't Get Done in the Sun. (R) 7.30 Cowboy Trap. (R) 8.15 Sign Zone. The A to Z of TV Gardening. (R) 8.00 Antiques Roadshow. (R) 10.00 Question Time. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film: The Crimson Wing. Mystery of the Flamingos. (2008) Documentary following a flamingo colony. 1.15 My Life in Books. (R) 1.45 Weakest Link. (R) 2.30 Classic Mastermind. (R) 3.00 Springwatch in the Afternoon. 3.45 Fred Dibnah's Made in Britain. (R) 4.15 Life in Cold Blood. (R) 5.15 Flog It! (R) 6.00 Eggheads. 6.30 The Chef's Protege. 7.00 Locomotion. Dan Snow's History of Railways. (R) 8.00 Nature's Microworlds. 8.30 Gardeners' World. 9.00 The Time Traveller's Guide to Elizabethan England. 10.00 QI. (R) 10.30 Newsnight. 11.00 Film: Letter with Jewels. Holland. 12.10 Film: Lymelife. (2008) Drama starring Rory Culkin. 1.40 Sign Zone. Question Time. (R) 2.40 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Britain's Got Talent. The penultimate live semi-final. 9.00 Coronation Street. 9.30 Britain's Got Talent Results. Two male finalists are revealed. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 French Open Tennis. 12.05 Jackpot247. 3.00 Film: Columbo: Short Fuse. (1972) Detective drama, starring Peter Falk and Paddy McDowell. 4.15 ITV Nightscreen.

Channel 4 6.00 The Treacle People. (R) 6.10 The Hooks. (R) 6.35 The Hooks (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Fraser. (R) 9.00 Frasier. (R) 9.30 Fraser. (R) 10.00 Undercover Boss Canada. 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.40 1001 Things You Should Know. 1.10 Channel 4 Racing. Live coverage from Epsom. 4.15 Deal or No Deal. 5.00 Four in a Bed. (R) 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.30 Unexported World. 7.55 4thought.tv. 8.00 Come Dine with Me. 9.00 Sarah Millican: Thoroughly Modern Millican Live. 10.00 Alan Carr: Chatty Man. 11.05 10 O'Clock Live. (R) 12.05 Supersizers... 12.10 Film: Million Dollar Baby. (2004) 2.25 New 10. 2.50 The Mindy Project. 3.10 Happy Endings. (R) 3.35 The New Normal. 3.55 Accidentally on Purpose. (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.10 World's Craziest Weddings. (R) 12.10 5 News Lunchtime. 12.15 Cowboy Builders. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film: Lethal Obsession. (2007) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Cricket on 5: 5 News Update. 8.00 Eddie Stobart: Trucks and Trailers. 9 News at 9. 9.00 Film: Death Race. (2008) 11.10 World's Scariest Animal Attacks. (R) 12.10 SuperCasino. 3.55 Motorsport Mundial. 4.20 HouseBusters. (R)

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Food & Drink

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BBC Two goes behind the scenes of food business start-ups

BBC Two has commissioned two new programmes looking at the business of food.

Russell Norman, star of the London restaurant scene will share his rule book with six first time restaurateurs in The Restaurateur, while The Restaurant Wars in Manchester, follows two top chefs battling it out to try and open the city's first Michelin starred top restaurant in 30 years.

Alison Kirkham, Commissioning Editor, Features & Formats, says "I am delighted to bring three new faces, Russell Norman, Aiden Bryne and Simon Rogan to BBC Two. BBC Two has a real heritage in food and business. Both of these new programmes will show the real challenges facing the food business and the real passion behind those who are keeping the industry thriving."

Britain is in a recession and yet 1,000 new food businesses will open next year, many run by first timers, all learning as they go and making the same mistakes. In The Restaurateur the charming and driven standout star of the London restaurant scene, Russell Norman, believes that first time restaurateurs fail because they either don't know or choose to ignore the rules of the restaurant business.

Now, in this 6x60-minute series made by Twenty Twenty TV, Russell will share his rulebook with six first timers over the critical months that will seal the fate of their business, the last months before launch when they make critical decisions and the first month after when they feel the consequences. But will these passionate wannabes be willing or able to follow Russell's Restaurant Rulebook and beat the 50/50 odds of failure?

And why should they listen to Russell's rules? Because he has opened five successful restaurants in five years. In a former life he managed Scott's, the Sheekey Oyster Bar, and the Ivy Club. When the recession took hold on the back of one of the worst times for restaurants, Russell started his own business. His first restaurant Polpo was a huge success, with small shoring fortune that are keenly priced, he spoke to the times.

In just two and a half years Russell has opened a further five successful establishments and has plans for many more. This series is equal parts food adventure and business adventure, passionate dream and jeopardy. Can following Russell's Restaurant Rulebook help these brave souls to avoid the common mistakes and turn their undeniable foodie passion into solid, recession-beating businesses?

In Manchester, set against a challenging and dynamic backdrop, The Restaurant Wars 3x60-minutes made by Brassy TV, is the ultimate food fight. Two of Britain's best chefs are heading to Manchester with exactly the same ambition - to open a Michelin starred restaurant in a city that hasn't had one for 30 years.

Previous Great British Menu winners Aiden Byrne and Simon Rogan are very talented, very different men with vastly different visions. Simon is set to transform the historic Midland Hotel to attract the Manchester high society and less than a mile up the road Aiden has a budget of over £5 million to create a vast, glitzy warehouse conversion. Both men think they're worthy of Michelin and Manchester stardom but this is a city that's so far been unimpressed with fine dining and a city undergoing a lot of change.

The Restaurant War will see behind the secret world of mixing concepts, explore the passion and pain of culinary genius while revealing the colossal financial risk of opening a world-class restaurant in a recession. With two of the food scene's rising stars and biggest personalities, the battle for Manchester begins.

Unitas Events launches Gourmet Masterclasses

UNITAS EVENTS is serving up a unique, elite training event, bringing together some of the UK's top chefs, with an inspirational business coach. This fun and challenging day uses the pressurised environment of the kitchen as a way to improve team and individual motivation and performance under stress.

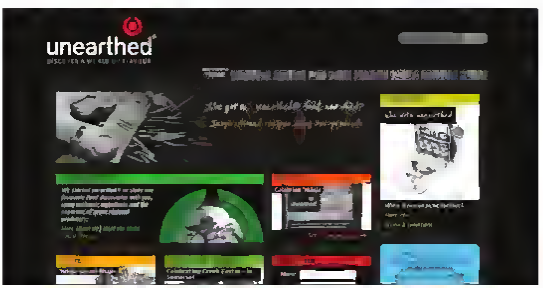
"Running a successful business is the same as running a top restaurant. You need leadership, teamwork, creativity and the ability to perform under pressure."

The Gourmet Masterclasses will call on the experience of leading chefs John Burton-Race, Ed Baines or Martin Blunos, who will host the group by taking them through a cookery challenge, Q&A session and kitchen know how sessions, putting management skills to the test throughout. The day also includes a full meal, prepared by the group in conjunction with the chef, and time with Tim Dingle, who will coach participants on the theoretical side of what they've been experiencing. Chefs have trained themselves to deal with their stressful working environment, and Tim will explain, for example, some of the ways that participants can also control nerves and adrenalin, enabling them to function at their best under pressure.

To ensure each team gets exactly what they need from the experience, Unitas Events is offering a completely bespoke service, tailor-making each booking — and for this reason, whilst the price for a day with John Burton Race is from £495 per person, accurate quotes are provided on request. Unitas can also arrange shorter, straightforward masterclass events, or chef hosted cocktail parties, which are more suited to larger groups. Events are hosted at Unitas-recommended kitchens in Central London, or, by arrangement, in other locations such as offices.

For full details of the Gourmet Masterclasses from Unitas Events, together with testimonials from guests, visit unitasevents.co.uk.

The world's longest tasting menu



THIS JUNE foodie explorers, unearthed will be attempting a Guinness World Record to create the world's longest tasting menu, which will consist of 193 courses - one from each country in the world. To celebrate unearthed is inviting the public to taste a piece of the world with it's 193 course pop up restaurant in Hackney, London on Friday 14th and Saturday 15th June.

Diners who visit the pop up will be transported on a culinary tour and will be able to try a selection of some of the most unique dishes from around the world such as Meat Gotab from Azerbaijan, Grasshoppers from Congo, Durian fruit from Malaysia and birds milk from Romania.

Entry to the world's longest tasting menu is by ticket only and costs £10 for one hour seating. Simply tweet your interest and preferred time slot to @foodsunsarthed.

Simon Day, Brand Manager at unearthed comments "There are so many exciting and unusual ingredients in the world that many people haven't had the opportunity to try and our tasting menu has been designed to give people this chance. Hopefully the menu will inspire people to experiment with new flavours and cuisines in their own kitchen."

So, if you have always wanted to travel the world why not come along to the unearthed 193 course pop up and try regional delicacies from various countries and we'll put a stamp in your passport.

For more information on unearthed and the world's longest tasting menu, visit discoverunearthed.com

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Which is best? Wheatgrass or Barley Grass?

Denise Kelly

I GET ASKED so many times about the best immune improving foods, and to be honest I don't think you can necessarily pin point one. Many different super foods have different purposes to the human body and it's always a good idea to get a variety of them. However, both Barley grass and wheatgrass contain high concentrations of chlorophyll, the phytochemical that gives plants their green appearance. Chlorophyll carries out the same oxygenation function in plants as red pigment haemoglobin does in humans and it is known that including chlorophyll in your diet can help to control some bacteria that cause disease, as well as improving internal odours and halitosis. There is very little difference between the chlorophyll levels in barley grass and wheatgrass, so any health benefits gained from taking these as natural food supplements can be achieved by taking either one.

To many studies carried out over the years with both grasses it has shown that adding them to your diet could help cholesterol and blood pressure levels as well as the body's immune system (again, largely due to both containing chlorophyll). It could be argued that Barley grass benefits slightly outweigh those of wheatgrass due to the fact that barley grass can provide your sole nutritional support throughout a person's life, which is pretty amazing! Not only that but it can also reduce free radicals in the bloodstream, reducing inflammation and pain, often associated with being the root cause of disease. However, the benefits of wheatgrass juice, powder or capsules also include the reduction of inflammation thanks to wheatgrass's "gluco-protein" P4D1 which acts in the same way as an anthoxidant, and wheatgrass may even be able to assist the body in attacking cancerous cells.

There are impressive claims made in both camps and those who have been downing wheatgrass shots for years swear by this super food for boosting their health, while fans of barley grass argue that you can achieve the same (if not greater) health benefits taking the 'sister' super food barley. In fact, there is very little nutritional difference between barley grass and wheatgrass and they share many of the same health benefits. Adding either one or both to your diet in powder (to make a juice) or capsule form can provide an excellent nutritional boost and could well improve your health in a number of areas.

Barley Grass could help cholesterol and blood pressure levels as well as the body's immune system

Denise Kelly is a BANT (British Association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutritious Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

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Brits claim financial worries are affecting their health

MONEY worries are taking their toll on British consumers' lives, with 31 per cent of the population claiming their finances are their biggest daily stress, according to research from MoneySupermarket.com. As a result, the comparison site has partnered with the mental health charity Mind to raise awareness of the link between finances and mental health issues.

The research revealed that 18 per cent say it is their current financial situation which causes them the most stress, and a further 13 per cent say it is their future financial situation which worries them the most. This is followed by 13 per cent who state that concerns about their health cause them the most stress. To add to the strain, of those who are already stressed by their finances, a staggering 72 per cent believe their financial worries will only increase this year, with the rising cost of living being the primary reason for 51 per cent of people. One in 10 (10 per cent) claim that the uncertainty towards their benefits will increase their money worries.

In addition, almost half of people (48 per cent) claim they are either frequently or occasionally worried about their financial situation. The younger generation are feeling the financial strain the most, with two thirds (62 per cent) of 18 to 34 year olds stating they are frequently or occasionally worried about money.

Clare Francis, editor-in-chief at MoneySupermarket.com, said: "While we have recently narrowly avoided a triple dip recession, the impact of the last five years has hit people's finances hard, and so it is not surprising that it is such a cause of anxiety and stress. However, the impact of constantly worrying about your financial situation can have a serious impact on your mental wellbeing and as a result MoneySupermarket has linked up with Mind as its charity partner for the next two years to help raise awareness of the mental health issues related to financial pressures, and also raise funds for the charity."

The research also revealed that these issues are having a big impact on other areas of people's lives, with over half (57 per cent) of those who worry about their finances stating this to be the case. A third (30 per cent) feel that their health is being affected, whilst 33 per cent state that their financial anxiety is impacting on their relationship with a partner or their family. A further nine per cent report that their work is affected by money woes.

Clare Francis, continued: "With such a high percentage of those who feel stressed by their finances not being able to envisage any relief in the next year, and with it clearly impacting other areas of their lives, it is vital that people start to take positive action before it all becomes too much to cope with. There is a lot of help and advice available and we need to feel that you have to face these problems alone. In many cases, there will be some simple steps that can be taken which will relieve the burden and ease financial pressures the person is facing. It's also important to point out that money worries can affect anyone – it's not just those in debt who are struggling with financial anxiety. Whatever your situation, if money worries are affecting your health and well being, speak to someone about it. Debt charities such as Step Change and the Citizens Advice Bureau may be able to help, as will the mental health charities like Mind."

Paul Farmer, chief executive of Mind commented: "Over the last few years many families have had to tighten their belts as they face increased living costs, wage freezes, redundancy or fears about job security. These pressures can take their toll and for some it may have triggered mental health problems such as stress, anxiety or depression.

"At Mind, we believe no one should have to face mental health problems alone and that's why we offer information and support to anyone who might be struggling with money matters. We are delighted to be working with MoneySupermarket to raise awareness about the link between personal finance and mental health and urge anyone who may be experiencing difficulties to seek advice as soon as possible."

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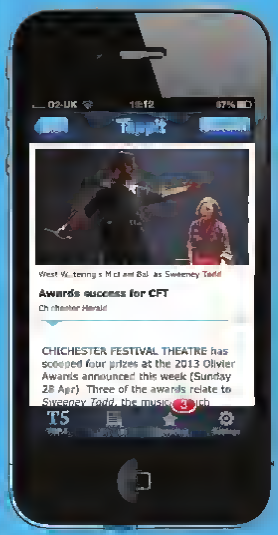
Awards success for CFT
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to

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Mom can I borrow your jeans?

REVIVAL of vintage, high-waisted jeans sparks a surge in sales of original 'mom jeans'

With the return of 'mom jeans' well and truly upon us, the new trend has sparked a surge in searches and sales of original pairs of the unique style on eBay in the UK.

The likes of Gwen Stefani and Kerry Knightly have led the trend with the fashion pack and as a result the high waisted, slightly baggy, 'mom' look has been sweeping the nation, with vintage jeans becoming the most popular denim choice this season.

As high-street brands revive the style, it's clear that shoppers are in fact after the original item, with sales of 'mom' style jeans up 110% over the last month on eBay.co.uk.

eBay spokesperson Laura Wilkinson-Roe said, "Brits have been flocking to the site in order to find their perfect pair of 'mom' style jeans. Searches for this unique style have shot up, with eBay offering fashion fans a place to get their hands on an original pair of vintage jeans."

Acid wash 'mom jeans' seem to be the winning style this spring with sales rising 75%, closely followed by pale denim, with eBay.co.uk noting a sales increase of 55% since this time last month.

Mary Portas leads charity boutique boom

MORE Mary's Living & Giving shops for Save the Children are scheduled to open all over London offering designer and luxury items from brands and retailers such as Alexander McQueen right through to Zandra Rhodes. Shoppers are treated to bargain prices while raising money for Save the Children's work in 120 countries. The chain of boutiques is thriving, as London's fashionistas with a keen nose for a bargain seek out top brands and A lister offerings. This month the eighth shop will open in Fulham Road with another opening in Ealing planned for July 2013.

Putting vintage treasure troves on the high street, the 'donate, don't dump' philosophy has attracted the likes of Hollywood favourites Helena Bonham Carter has been known to put her second hand gems on the clothes rails in the Primrose Hill shop. White Vogue editor Alexandra Shulman often hands in some of her personal pieces. Such clientele gives red carpet worshippers the chance to get their mits on some celebrity cast offs, and all at amazing value.

In perfect time for the festivals and beach holiday getaways, those seeking to revamp their wardrobes can treat themselves to swimwear by Diane von Furstenberg or kaftans and wraps by Allegra Hicks and for those cool summer evenings, an elegant brand new Tommy Hilfiger crepe burgundy dress will go down well. Finish the look off with some Linda Farrow sunglasses and footwear from Kurt Geiger. For those with a mind like a magpie, some Tateossian cufflinks or Alex Monroe ear-rings might suit.

The growing hype has led huge names of the design world to volunteer their creative services. Bruce Oldfield is putting his Austral chic into the design at the Fulham branch – they recently designed both Diptyque and Chloe shops – and students from the Royal College of Arts are behind the new Ealing shop. Sustainability is at the heart of every design, with bonky corners stuffed full of reclaimed and locally sourced memorabilia.

All the profits from every Mary Living & Giving shop go to save children's lives, fight for their rights and help them fulfil their potential. Working in over 120 countries, Save the Children helps some of the world's poorest families both overseas and right here in the UK.

Mary's Living & Giving shops always welcome donations from the local communities, fashion houses and local artisans, as well as for volunteers to work in any of the shops. To donate stock or to enquire about volunteering, visit our website at savethechildren.org.uk.

Horoscopes

Horoscopes from Kimi
24th | 30th May

Aries

Keep up the diplomacy this week because if you don't you could be perceived as being pushy and uncaring. You will be doing a little social weeding this week and sorting out who is going to flower in your emotional garden and who is for the metaphorical composter. This is a good week for undertaking domestic DIY projects.

Taurus

Big changes to your life are on the way. In fact they are just over the horizon but they will require some positive input on your behalf if they are to be long lasting and beneficial. You need to show faith in yourself so that others will follow your lead. This is a good week for making loving connections.

Gemini

Momentous, gigantic and life changing are words that could be used to describe what is happening to your personal life this week. There is a caveat however and that is, this is dependent upon you. You will be given the opportunities but you must take them courageously but show patience if you want to make significant changes.

Cancer

You may have had some difficult decisions to make recently about relationships and this has taken its emotional toll. Give yourself a pat on the back, you got through it. Not only that you are now in a much better position to make rational judgments about future relationships. All things work related projects are predicted to be successful this week.

Leo

Money is looking good at the moment, so this is a good time for a bit of a spending on that new wardrobe or the holiday you so much need but it is not a time for making major investments. So have a bit of a splurge but don't go too far without sound financial advice.

Virgo

Travel plans may have to be shelved this week as the work begins to pile up. You will need to tackle the issue of work overload with the powers that be. If you make a good case for assistance you may find management impressed by your ability to identify a business need rather than see you as unable to cope.

Libra

This is a great weekend for shaking things up at home. You will be doing a little bit of emotional stock taking and determining who you do and do not need in your life. Take a trip...go and visit that friend you have been putting off or just take a well earned mini break.

Scorpio

Even if you are feeling a little jaded think twice before you turn down invitations this week as this is a great week for networking. You will find a high level of interest in what you have to say so take this opportunity and build up your portfolio of contacts as some may be highly influential.

Sagittarius

If in a long term relationship then the advice is to keep your head and your cool. There is a lot going on under the surface that you may not be aware of. Show a little empathy. If you are only just embarking on a new relationship then you may need to give your new love interest a little space!

Capricorn

You will get the opportunity to shine this week at work. You need to show the movers and shakers that you are good at problem solving and a great team leader. If you are single and are in the relationship market try to avoid the eye candy much better to focus on those with whom you share a mutual interest!

Aquarius

All things social are on the cards this week. There are invites from friends, colleagues and family. You are the centre of someone's love interest and are flattered. Don't let this go to your head. Keep your cool and you will be seen as mysterious and enigmatic and as a consequence will receive greater attention and a deeper commitment.

Pisces

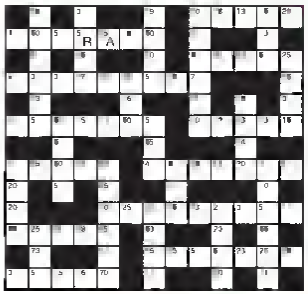
You may feel like the whirling dervish this week, exhausted by all of the demands that are made upon you. You will need to use all your organizational skills to make sure that some balance is achieved between both home and work. You may encounter some opposition on the work front this week. Don't get bogged down with petty issues.

Brain Gym

No.119

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



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12	25
13	26

R A R A

Last week's solutions

7	8	9	10	11	12	13	14	15	16	17	18	19	20
V	Q	A	O	R	W	E	P	M	N	I	X	K	
21	22	23	24	25	26	27	28	29	30	31	32	33	34
D	L	C	Y	S	B	U	T	Z	H	J	G	F	

Wordsquare

U	Y	O
L	E	A
L	Z	S

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in s are permitted. There is one 9-letter word to be found.

How you rate

8 words – average,
12 words – good,
16 words – very good,
20 or more – excellent

Last week's solutions:

apart, inapt, input, lupin, nuptial, pail, pain, paint, pair, pant, part, partial, patina, pilau, pint, pita, plan, plant, plat, plan, planar, plant, plantar, plat, pliant, print, punt, puritan, put, rant, tape, taper, tarpaulin, trap, trip, tulip, turnip.

Double Crossword

Choose either quick or cryptic clues.

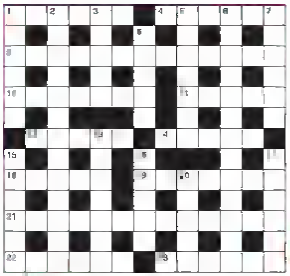
Cryptic Clues:

Across

1 Make an impression? (6)
4. He knows where to draw the line (6)
9. With which one suffers a lack of balance (4,9)
10. Take action to stop weakening the spirit? (3,4)
11. Make a change in special terms (5)
12. Soundly criticised a conductor (6)
14. Relief one can always go back on? (5)
18. Bring up the question of mere pay? (5)
19. Hoping to benefit from a reduction in the fare (2,1,4)
21. As a matador may be? (7,2,4)
22. An odd desire to live (6)
23. His parents will be late (6)

Down

1 Do some relief work? (6)
2. Suspicious affair the comedian is involved in? (5,6)
3. Fate embraced by small church cleric (5)
5. A sign of confusion (3,4)
6. At home finally seeking a place (2,2,3,6)
7. Private coaches? (6)
8. Period of youth which may be tense (5)
13. In line with the drill sergeant's instructions (7)
15. He wants a good deal (6)
16. Tied up money? (6)
17. Taken unawares? (6)
20. The morning belongs to us for an intrigue (5)



Quick Clues:

Across

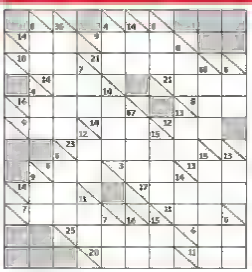
1. Mend (6)
4. Mission (6)
9. In order of time (13)
10. Ruler (7)
11. Extremity (5)
12. Range (5)
14. Brush (5)
16. Suffer (5)
19. Glowing (7)
21. Articulation (13)
22. Hard (6)
23. Drive home (6)

Down

1. Affluence (6)
2. Clear-sighted (13)
3. Interior (6)
5. Normal (7)
6. Lodgings (13)
7. Water down (6)
8. Kudos (5)
13. Scent (7)
15. Scatter (6)
16. Pamphlet (5)
17. Offensive odour (6)
20. Slow speech (6)

Last week's solutions.
CRYPTIC Across 1 Floods game 7 Sleep 8 Nosegay 9 Tea 10 Turquoise; 11 Exempt 12 In debt 15 Tee-hee 17 Hate 18 Armor 19 Heels, 21 Poltergeist. Down 1 From the start 2 Die 3 Import, 4 Gun runner 5 Mann 6 Nevertheless 7 Spare 10 Tug secret 13 Ethos 14 Etcher 16 Outdo 20 Eve. QUICK– Across. 1 Remuneration 7 Drear 9 Hour 8 Eve 10 Sacrilege 11 Assent, 12 Tariff 15 Euclidean 17 Ash, 18 Reuse; 19 Abuse; 21 Clatter-hose. Down 1 Fie-de-Janeiro 2 Nee 3 Strict 4 Eliminate 5 Cache 6 Free of charge 7 Drogs 10 Sentiment, 13 Inane 14 Vocate 16 Usual, 20 Ugh.

Kakuro



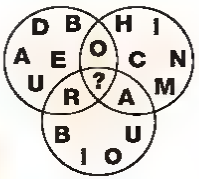
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions

Scribble pad

Circlegram

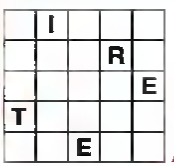
Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



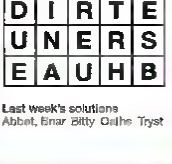
Last week's solutions:
The letter represented by the question mark is N. Astatine, Chlorine, Fluorine, all halogens.

Alphamuddle

Rearrange the letters in the grid 8 to make five words that read both across and down. Five letters have been placed to start you off.



A



B

Last week's solutions
Abbot, Briar, Bitty, Oathe, Tryst

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > Select from: Simple, Intermediate, Difficult

Simple

			5	9	1			3
4	1	9		7		5	8	
			8				7	1
	5		6	3			2	
		2				8		
3	9			2	7		6	
	3		7	1				8
		1				7	9	4
7				8	4		1	

Intermediate

		2			3	8	6	
	8						2	9
7		6		4			1	
9		4		8				
	7		5		2		4	
					1	8		7
	6			1		5		3
	3	1					9	4
		9	3	7				

Difficult

				6	8		7	
			2		8			
				5			6	
	2	7		9	4	6		
4								8
		9	8	1		7	2	
	9			4				
			1		5			

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ALDWICK BAY ESTATE £450,000

A detached cedractor cottage situated in a private marina estate within 600 yards of the private beach. Successive owners have continued a programme of extension & refurbishment over recent years. The accommodation includes g f h d/glazing d/warm extended triple aspect lounge separate dining room refitted kit/breakfast rm utility rm study L shaped master bedroom with en suite shower and dressing rm second bedrm bathrm garage and gardens including a superb 130 West facing mer garden EPC RATING F

ALDWICK BAY ESTATE £795,000

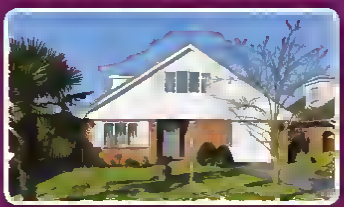
An elegant Georgian style det residence situated in the premier thoroughfare of the Aldwick Bay private marine estate approx 150 yards from the private beach. The property has been made the subject of a programme of refurbishment & remodelling in recent years. G.F.H. a new slate roof with enhanced insulation modernised electrics including external power points to the front and rear. u.P.V.C. double glazing. Thermafill cavity wall insulation entrance hall a cloakrm a 25' triple aspect lounge a triple aspect garden rm bright & spacious dual aspect kitchen/dining rm separate utility rm, a study/office a master bedrm with en suite shower rm, 3 further bedrooms a bathrm garage & good sized remodelled & restocked gardens with a new block paved drive & w.g.th. on rear. EPC rating is D

ALDWICK £575,000

A superbly presented New England style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have made this property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years. G.F.H. u.P.V.C. white glazing replacement wiring, plumbing & sanitary ware etc. a cloakrm, a triple aspect lounge spacious kit/dining rm utility rm, study/fy room, an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm, 3 further bedrms, family bathrm an integral garage & well maintained gardens to the front and rear EPC rating is E

ALDWICK £325,000

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach gas central heating u.P.V.C. double glazed carpets cloakroom lounge dining room with library area South facing balcony kitchen master bedroom with en suite bathroom and dressing area second bathroom garage. UNOBSTRUCTED SEA VIEWS EPC rating is C

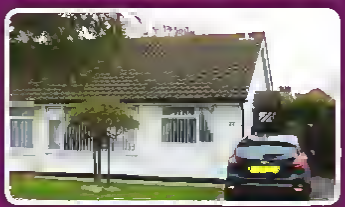


ALDWICK BAY ESTATE £399,500

A detached chalet house situated in the Aldwick Bay private marine estate around 200 yards from the private beach. The specification which would benefit from some modernisation includes g.f.h., u.P.V.C. double glazing fitted carpets, a spacious entrance hall a cloakroom a dual aspect living room a double glazed conservatory a ground floor bedroom/dining room a kitchen/breakfast room two good sized first floor bedrooms a large bathroom an integral garage and West facing rear garden. ENERGY RATING D

ALDWICK £205,000

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h. delightful dual aspect living rm fitted kitchen bathroom separate w.c./cloakroom single garage with additional parking for several vehicles use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge. EPC rating is D



PAGHAM £219,000

A well presented two bedroom semi-detached bungalow situated in a cul-de-sac approximately 400 yards from shops and the beach. Bus services to Chichester and Bognor Regis are available around a 100 yards away. The current owners have modernised and refurbished the property in recent years and the specification now includes, gas fired heating, white glazing, u.P.V.C. fascias & soffits, living room with patio doors overlooking the delightful rear garden, refitted kitchen, bathroom parking & rear garden. EPC RATING. D

Making the most of your outdoor space to help sell your home

AS A NATION of garden lovers and BBQ fans, it's no wonder that our outdoor space is as important a selling point as a stylish bathroom suite or modern kitchen inside the home.

A garden – whatever its size – can provide all-important extra space to create an alfresco dining and entertaining area, somewhere to relax or an outdoor play facility for the children.

When it comes to making the most of your home as you prepare it for sale, now is the perfect time to turn your attention to the garden and bring it out of hibernation.

Survey figures from 2012 suggest that a staggering £3.9 billion was spent on gardens, with simple and achievable improvements favoured over outdoor luxuries.

According to the HSBC Garden Survey, Brits were estimated to spend an average of £83 on garden landscape improvements during the year – a 10 per cent increase since 2011.

Independent estate agents, Harrison Murray stress the importance of having an attractive and well-maintained garden – whether it is a small courtyard or spacious landscaped area.

A few simple and inexpensive tricks will create a fabulous first impression, and could even increase the value of your home.

Tidying the garden is as important as de-cluttering the inside of your home. Put away any outdoor toys or tools, and throw away any broken pots or planters. Store items in the shed or invest in a portable storage box. Make sure there is no washing hanging on the line during viewings!

Spring is the perfect time to show your lawn some tender loving care! Mow the grass and if there are any bare patches, sow some inexpensive grass seed prior to putting your property on the market.

Trim overgrown shrubs and hedges, and ensure flowerbeds and paths are weed and moss free. A few carefully placed potted plants will add instant colour and provide a more view from rooms looking out on to the garden.

Lighter things up with some solar powered lights and put out some bird feeders or a bird table. These will give the impression that your garden is used and homely.

According to the HSBC Garden Survey:

- Almost three quarters of people (72 per cent) put relaxing as the top pastime in the garden, with 41 per cent saying they enjoyed al fresco dining.
- The East Midlands region bucked the trend for spending on gardens at £253, with the national average standing at £185. People in the Eastern part of the country spend the most a number of days in their garden in 2012 – 112 compared to just 74 days for Londoners.
- The national average spent on new landscape projects was £33 – compared to £71 in 2011 – however, the amount spent on planting dipped from £73 to £39.

One less thing to think about at Willows Edge

A LEADING, luxury householder is promising a stress free move to customers who opt for one of their Part Exchange schemes.

Sales advisors at the stunning Charles Church development of new homes at Willows Edge, in the delightful village of North Bersted, will take the hassle out of selling your old property leaving you the time to concentrate on your new home.

Willows Edge is an exclusive range of high quality three, four and five bedroom homes on a prestigious development within walking distance of the village centre.

The two schemes available are Home Change and Part Exchange. Home Change will see Charles Church use all of their expertise and contacts to help you sell your current property. They will arrange valuations, agree a price and then market the property on your behalf. There are no estate agent fees or headaches – everything is taken care of.

Meanwhile if you qualify for Part Exchange, things couldn't be more straightforward. Charles Church will arrange for at least two valuations, agree a market price with you and buy your existing property. There are no hidden marketing costs, no chains to break down and you are left free to move when you want to.

To find out more, call in to see the sales executive at Willows Edge, who will decide which part exchange scheme is best for you, based on your circumstances, and will provide help and support every step of the way.

Located in the village of North Bersted, Willows Edge is just over a mile from the centre of Bognor Regis which offers a good selection of famous name retailers as well as a Blue Flag awarded beach awarded in 2009, and less than five miles from the centre of the Cathedral City of Chichester.

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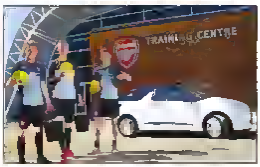
Now spring has sprung, formula for the perfect car wash revealed



AS THE car-washing season finally arrives in the UK, the formula for the perfect way to clean your motor has been revealed.

Boffins at Citroen, together with an applied mathematician, devised that E = 1/t + 1W, where E is efficiency, t is the time taken for the car wash and W is the amount of water used.

As Official Car Supplier of Arsenal, Citroen decided to test out the calculation by asking first team players Per Mertesacker, Aaron Ramsey and Olivier Giroud to create the premier car wash for Club captain Thomas Vermaelen. To watch the video click here: youtu.be/32B-d6DUXs0

In researching the formula Citroen's various vehicles were washed by people of differing heights in a selection of weather conditions, ranging from 4 to 20°C. The average amount of water used and the time taken was then calculated to suit the outside temperature.

For example a 6ft 4in car washer, such as Per Mertesacker, should take 31-minutes to clean a supermini-sized car in a low, ambient temperature of four degrees centigrade with 24-litres of water.

The research also found that, if the vehicle hasn't been cleaned for up to three months, or has visible road grime on more than 40% of its surface, an extra 2.5 litres of water and an additional five minutes of elbow grease will be needed.

Citroen has devised five top tips to help ensure the car wash remains efficient, yet effective, by reducing unnecessary water wastage with either a bucket and sponge or a hose.

1. If possible, wash your car after a rain shower to avoid using additional water to rinse the car first.
2. Find a shady spot to wash your car to avoid drying marks and repeat cleaning.
3. Always wash the body of the vehicle from the top down.
4. Wring your sponge or chamois out over the bucket.
5. Use a sponge to wash down with one hand and a chamois in the other to dry off immediately.

Aston Martin's radical CC100 Speedster Concept breaks cover

ASTON MARTIN is celebrating its centenary in world-class style with the debut of the exceptional CC100 Speedster Concept.

Created as a stunning celebration of the great British brand's 100 years of sports car excellence the one-off CC100 looks both to the past and the DBR1 – Aston Martin's greatest sporting triumph on the track – and to the future with its teasing glimpse of potential future design direction.

The 6.0 litre V12 powered concept car today makes its world debut by completing a lap of the famous Nordschleife at Germany's ADAC Zurich 24 Hours of Nurburgring race. It is lapping the circuit together with the 1000km race winning 1959 DBR1 with British racing legend Sir Stirling Moss at the wheel. It is the most tangible expression yet of the brand's year-long 2013 centenary celebrations.

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08	08	AUDI A4 1.8T S-LINE ESTATE+ Grey, 1 owner just 24,000 mls	£9595
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06 56 NISSAN X-TRAIL SE 4WD **£7595**

13 13 BMW 318 SE CONVERTIBLE **£5795**

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08	08	PEUGEOT 207 SPORT 120bhp Blue 5dr hatch, air cond, 39,200 mls	£4695
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08	08	VAUXHALL TIGRA EXCLUSIVE CONVERTIBLE 16v Black, 44 000 mls	£4195
01	51	TOYOTA RAV4 2.0 VX VVTI AUTO 5 door full black leather 88,250 mls	£3995
03	03	VW GOLF 1.6 MATCH 5dr Blue, 63 000 mls	£3995
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07	07	RENAULT MEGANE DYNAMIQUE VVT AUTO 3dr Grey, 39 900 mls	£3695
02	02	LAND ROVER FREELANDER TD4 GS STATION WAGON Blue 118,000 mls	£3295
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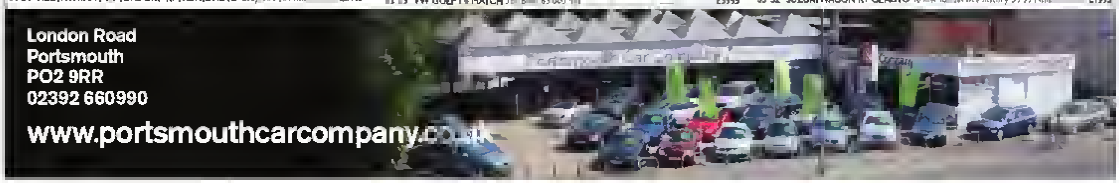

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Straight from the commentary box

The world that never sleeps

Johnny Cantor

FOOTBALL It's a world that never sleeps Hiring, firing, (and suspensions), retirements, takeovers and signings The game is in perpetual motion

Albion fans have certainly experienced a mix of emotions since the end of the season Now the uncertainty The future of manager Gus Poyet is up in the air but any re-unification would seem unlikely

There needs to a resolution soon however if preparations for next season are not to suffer The play-off semi finals have already reduced the time available to sign new players There will be inevitable interest in the Seagulls key man with Liam Bridcutt the prize possession

Argentinian striker Leo Ulloa, Bruno and David all stated Poyet as a key part of their switch to the Amex If a new man is appointed they will want new back room staff and new faces That, as Albion fans know, can take time The Chairman and deputy to the club is in an awkward position and I'm sure would want to establish things as soon as possible Rumours and reports abound with names such as Darren Ferguson, Tim Sherwood and even Harry Redknapp are linked to the role

Who knows what will develop. With everything that has happened in the game in the last 2 weeks I can envisage a busy few months ahead in the off season, for fans and journalists alike

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Golf

Justin Rose visits Goodwood

RYDER CUP star and World No 4 golfer Justin Rose visited Goodwood earlier this week to give members a memorable masterclass in the Royal and Ancient game.

The 32-year-old Englishman who joined the West Sussex venue earlier this year as their global sporting ambassador gave adult and junior members tips and advice and an insight into playing golf at an elite level.

Goodwood has more than 60 junior members with an average age of 12 years old and Justin was impressed with the encouraging interest shown towards junior golfers which resonated with his own experiences in getting started.

"Goodwood is a wonderful environment in which to play golf," he said. "And the positive attitude of the club to cultivate juniors and create a centre of excellence is a great way of developing some wonderful talent in the South of England. The range of facilities is superb with chipping areas and the academy is fantastic for juniors."

Goodwood's Head Professional Ryan Fenwick, who played alongside Justin as an amateur, is now lead coach for the Sussex Junior squad and his long-term goal is to develop a college programme for young players combining technical, physical, mental and lifestyle skills.

"We have some really talented juniors here at Golf At Goodwood and it is great for them to learn first-hand from one of the best golfers in the world," said Ryan.

Cricket

Pagham lead the way

LEAGUE ROUND-UP FOR 18 MAY

PREMIER DIVISION

CHICHESTER lost by six wickets to last year's champions Preston Nomads who enjoyed their first win in 2013.

Chichester were bowled out for 211 at Preston Nomads with 91 from Chris Kirkham and 34 from Andrew Turner as Patrick Spencer took 5 for 82 from 19.5 overs. Angus Stewart then hit 102 not out to lead Nomads to a six wicket victory at 212 for 4. Jason Robinson made 31 and David Smith 30.

DIVISION TWO

In Division Two Middleton held out for a draw at Pulborough who they had put in and made 261 for 5 declared, Jo oothoo Goncott making 138 and Imran Khan 49. Middleton reached stumps at 187 for 7 with Pat Colvin making 66 and Jamie Thompson 44.

DIVISION 3 ROUND UP

WEST

Pagham lead the Division 3 West table with a 100% record after three games. They bowled Steyning out for 121 with Wayne Green and Mike Halse taking 3 wickets each. They then withstood a fightback from the home side with left-arm spinner Andy Jennes returning figures of 4-20. Pagham won by 2 wickets.

Ben Williams took 5-37 as visitors Arundel were rolled over for 110. Billingshurst took a comfortable 7 wicket victory and he scored.

After a disastrous first game Shirlands are now third after beating Bognor Regis by 100 runs. Sean Heather struck 105 and Shirlands's 200-7 was twice as many as Bognor's indifferent start to the campaign continued. Sam Taylor top scored with 41 but Struan Cameron bagged 7-41 for the visitors.

Sikhu Camagu made his mark for Shinfield with both bat and ball as Wisborough Green were beaten by 62 runs. First he made 67 not out in Shinfield's 177-7. Ben Thatcher took three wickets but it was in vain as Camagu's 3-23 led to Green collapsing to 115 all out.

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Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS	42	28	10	4	114	35	79	94
REDHILL	42	29	6	7	85	42	53	93
EAST PRESTON	42	25	10	7	97	50	47	85
RYE UNITED	42	24	11	7	117	57	60	83
PAGHAM	42	26	5	11	90	52	38	83
LINGFIELD	42	23	7	12	102	78	24	76
HASSOCKS	42	21	7	14	97	69	28	70
EAST GRINSTEAD TOWN	42	21	6	15	87	65	32	69
RINGMER	42	20	9	13	76	68	8	69
HORSHAM YMCA	42	18	7	16	97	71	26	64
ST FRANCIS RANGERS	42	17	8	17	76	73	3	59
HAILSHAM TOWN	42	17	2	23	77	90	-13	53
LANCING	42	14	10	18	80	75	5	52
ARUNDEL	42	14	8	20	61	86	-25	50
CROWBOROUGH ATHLETIC	42	15	5	22	68	99	-31	50
SIDLEY UNITED	42	13	7	22	67	87	-20	46
SHOREHAM	42	14	4	24	69	106	-37	46
SELSEY	42	11	12	19	53	76	-23	45
CHICHESTER CITY	42	12	6	24	63	107	-44	42
DORKING WANDERERS	42	10	11	21	62	80	-18	41
AFC UCKFIELD	42	5	4	33	53	141	-88	19
WORTHING UNITED	42	3	7	32	43	147	-104	16

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
LITTLEHAMPTON TOWN	34	26	4	4	91	27	64	82
NEWHAVEN	34	22	4	8	90	52	38	70
LITTLE COMMON	34	21	5	8	84	43	51	68
EASTBOURNE UNITED AFC	34	20	5	9	97	64	33	65
WESTFIELD	34	17	7	10	67	56	11	58
BROADBRIDGE HEATH	34	17	4	13	82	62	20	55
MILE OAK	34	15	8	11	65	57	8	53
MIDHURST & EASEBOURNE	34	14	9	11	80	73	7	51
LOXWOOD	34	14	7	13	57	60	-3	49
STEYNING TOWN	34	14	6	14	73	61	12	48
BEXHILL UNITED	34	12	10	12	67	71	-4	46
SEAFORD TOWN	34	12	8	14	64	64	0	44
STORRINGTON	34	12	7	15	50	67	-17	43
SOUTHWICK	34	9	4	21	38	75	-37	31
OAKWOOD	34	8	7	19	62	88	-26	31
WICK	34	8	7	19	44	74	-30	31
RUSTINGTON	34	7	8	19	53	81	-28	29
SALTDEAN UNITED	34	2	2	30	37	156	-119	8

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	22	17	3	2	71	23	48	54
HAYWARDS HEATH TOWN	22	16	5	1	59	13	46	53
BARNHAM	22	14	3	5	73	30	43	45
BILLINGSHURST	22	10	5	7	45	37	8	35
CLYMPING	22	9	5	8	35	29	6	32
UCKFIELD TOWN	22	9	5	8	41	43	-2	32
FERRING	22	9	7	6	51	45	6	*31
ROFFEY	22	6	4	12	33	50	-17	22
HURSTPIERPOINT	22	6	4	12	24	42	-18	22
IFIELD	22	4	5	13	34	52	-18	17
ROTTINGDEAN VILLAGE	22	4	2	16	28	76	-48	14
TD SHIPLEY	22	3	2	17	15	69	-54	11

* 3 Pts deducted - ineligible player

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